

Carolina country

The Great Guide

INSIDE:

Integrating solar energy

Co-op Nation by the numbers

Living with diabetes

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ON THE COVER

"The Great Guide." An autumn view of the Pilot Mountain monadnock, seen from Pinnacle Hotel Rd., near the Shoals community in Surry County. Known to Indians as "The Great Guide," it rises 1,500 feet above the surrounding countryside. (Photography by Gerald Yokely, momentsincarolina@roadrunner.com)



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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

Why Do We Send You Carolina Country Magazine?

Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$5 per year.



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Coal ash management: why we are involved



by Craig A. Conrad

This summer, North Carolina enacted the nation's first state law regulating disposal of coal ash. Coal ash is a by-product of the electricity generating process at coal-fired power plants. The General Assembly considered the legislation after a pipe ruptured in February at a coal ash basin near Duke Energy's generating plant in Rockingham County, resulting in coal ash spilling into the Dan River.

The Coal Ash Management Act of 2014 requires Duke Energy to remove coal ash from four of its 33 coal ash basins in the state, prohibits construction of new coal ash basins, and phases in requirements for storing and disposing of coal ash. It requires additional groundwater testing and reporting requirements, and establishes a Coal Ash Management Commission that will supervise coal ash management in the state, including how Duke Energy will handle the ash at its other basins.

North Carolina's electric cooperatives have been engaged in the coal ash management discussion since the beginning, mainly because a portion of the electricity we supply to our member-owners comes from wholesale power agreements we have with Duke Energy and other providers. The cooperatives are interested in coal ash management that is appropriate, not overreaching and unnecessarily costly to our members. The cooperatives have a representative on the new nine-member commission and will continue participating in the process.

Over the years, we have deliberately maintained a diverse power supply to deliver reliable, safe, affordable and clean electricity to more than 950,000 member-accounts and 2.5 million people in the state. More than 70 percent of the power we deliver is produced at natural gas-fired plants, emissions-free nuclear reactors, and by renewable energy sources. North Carolina electric cooperatives do not own coal-fueled facilities, but our wholesale power agreements connect us to coal, so we are involved in developments affecting that fuel.

Disposal of coal ash is part of the cost of generating electricity from coal. And through our wholesale contracts, we expect to pay our fair share of managing this disposal. As always, our concern is keeping costs to our members at a minimum. As member-owned, not-for-profit utilities, all costs and benefits from coal ash management will flow through to our members.

The coal ash byproduct is safe when handled properly and may provide benefits when "reused" to create building materials, such as concrete and gypsum. All utilities using coal as a fuel source plan for the proper management and disposal of coal ash. Each utility also plans for managing coal ash after the useful life of the generation facility. Those practices are universal across the industry and regulated by the Environmental Protection Agency (EPA) and state environmental agencies.

Since the February incident, Duke Energy has inspected each of its coal ash basins across the state and will take actions to avoid similar incidents. Additionally, Duke Energy is prepared to pay for the clean-up of the Dan River spill and has already begun under a settlement agreement with the N.C. Department of Environment and Natural Resources.

We will continue to monitor the requirements which will be imposed on Duke Energy as an outcome of the legislation and the resulting costs. While it is difficult to put a dollar figure on this large undertaking, we will work with state officials and Duke Energy to mitigate the economic impact on electric cooperative members. We all expect to implement a sensible solution to managing the coal ash by-product.

Craig Conrad is CEO and general manager of Carteret-Craven Electric Cooperative, the Touchstone Energy cooperative based in Newport that serves more than 39,000 member accounts in Carteret, Craven and parts of Jones and Onslow counties. He also chairs the statewide Power Supply Committee for North Carolina's electric cooperatives.

Touched

When I received the September 2014 edition of Carolina Country, I was deeply touched by the cover photograph of the alumni



of the Russell Rosenwald School. It really wasn't the story that got me, it was the deep, sincere, genuine look in the faces of those beautiful people who dedicated their time to help preserve a little bit of North Carolina history. Take the time and really look at these people, in their eyes and smiles, I see their hearts and souls and want to personally say "thank you" for what you do. Even though I don't know them, I feel a kindred soul to why I live in and love North Carolina. It's the people we really don't know who sometimes make the biggest impact in our lives.

John Santilli, Cary and Sunset Beach, Brunswick EMC

Because every member counts

On Sunday, Aug. 3, bad thunderstorms rolled through our area. Around 5 a.m. we lost power, and our meter took a direct hit. We were the only home in the subdivision without power.

I called Brunswick EMC in Shallotte, and they said they would be out to check things. Around 7:10 a.m. they got here, and I told the man to please get back in his truck, because it was raining buckets with very bad lightning. I told him to come back later, it wasn't worth anyone getting hurt. He said it was all right, and that it was their job.

The power was back on by 7:30, and we prayed for these guys' safety. We lost a fridge, a fax machine, a 50-inch TV, and wall outlets. But we didn't lose our home, and our family was safe.

These guys showed me what BEMC really stands for: "Because Every Member Counts!"

Dennis Robbins, Southport, Brunswick EMC

More like a brown snake

I always enjoy reading Carolina Country. In the September issue I noticed on the "First Person" page the reader's photo of a king snake devouring another snake. Snakes are normally rather secretive and catching this kind of action with a camera is a rare event indeed.

However, I was disappointed to see that the sender identified the king-snake's victim as a "copperhead." It looks far more like a brown snake, *Storeria dekayi*. These are small snakes (at most 18 inches long, usually smaller) that eat mainly invertebrates like earthworms and slugs. Kingsnakes, *Lampropeltis getula*, are large snakes (3 to 5 feet as adults), so the photo is probably a juvenile kingsnake eating an adult brown snake. Kingsnakes, as the photographer noted, are known to eat venomous snakes, but have a broader diet than that, eating all kinds of snakes as well as lizards, birds and small mammals (kingsnakes are also constrictors).

There are by one count 37 species of snakes in North Carolina ("Amphibians and Reptiles of North Carolina," by Beane, Braswell, Mitchell, Palmer & Harrison). It's a shame that people seem to write off all unknown terrestrial snakes as "copperheads" and anything seen in the water as a "moccasin." For a herpetologist (one who studies amphibians and reptiles), confusing a brown snake with a copperhead would be like a hunter confusing a pheasant with a mallard.

*Ralph Tramontano, Morehead City
Carteret-Craven Electric*

The copperhead in North Carolina

This is a N.C. Museum of Natural Sciences image of an adult copperhead. The banding pattern is permanent from birth throughout life. The booklet, "Venomous Snakes of North Carolina," can be downloaded as a free PDF from our website naturalsciences.org

The copperhead occurs statewide, with the exception of the Outer Banks, and is responsible for the majority of venomous snakebite cases in North Carolina. Deaths from copperhead



bites are extremely rare, but immediate medical assistance should be sought in the event of a bite.

Alvin Braswell, deputy museum director for operations, N.C. State Museum of Natural Sciences, Raleigh

Moved

I've been a Wake EMC member for almost 40 years and have always enjoyed Carolina Country. I'm sure there have been thousands of articles published over the years. But the latest Where Life Takes Us: Stories of Inspiration, "A Jar Full of Nails," almost moved me to tears. [September 2014]. Thank you for publishing Robert Payne's story and thanks to him for sharing it with us. What a special way to remember a time past and lost loved ones. It made me reminisce about my early days running around my grandparents' farm near Angier in Harnett County. My grandparents and the farm are long gone now and replaced with homes, one on top of the other. But it is not gone from my memory. I wish I could share some of it with my sons and grandsons as has Mr. Payne.

Larry Matthews, Wake Forest

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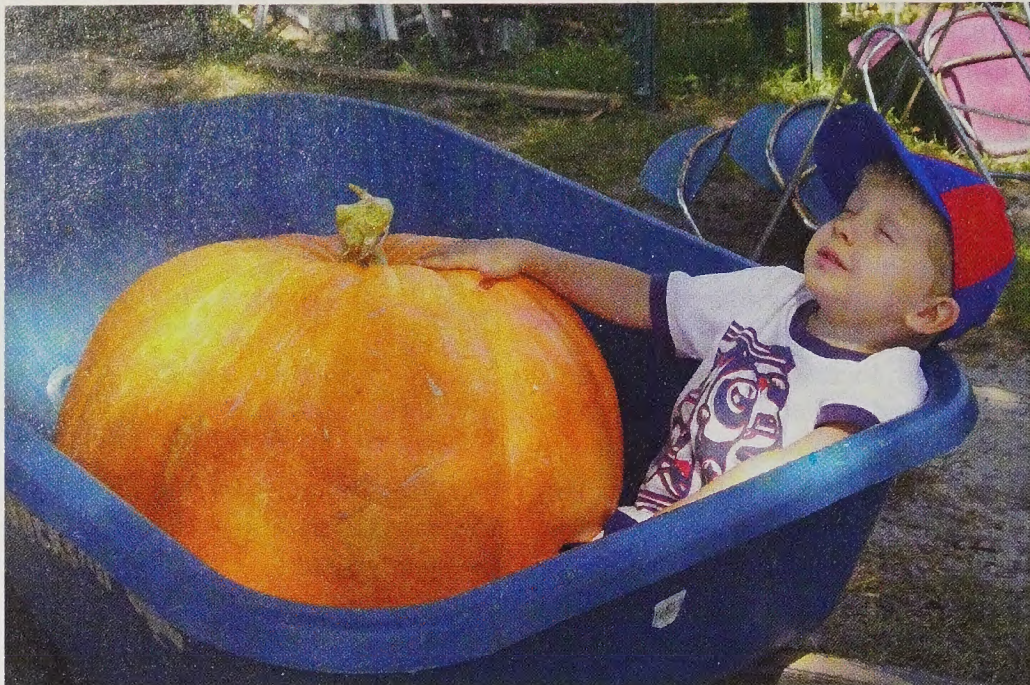
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Hard work

This is our grandson with his first pumpkin. He said it was hard work loading his pumpkin in the wheelbarrow and holding it safely while Granddad pushed them to the house.

Parker Behagg, Fayetteville, South River EMC.



Frog prints

I took this picture of my front door when we had a heavy concentration of moisture. Apparently a tree frog climbed up the glass and left his imprint.

Diane Krpejs, Sunset Beach, Brunswick EMC

KNOW
YOUR



CO-OP
EMPLOYEES

Joseph W. Hill came to us from Atlantic, N.C. in December of last year.

He was in the Army Air Force, after which he attended the Coyne Electrical School in Chicago.

When he came to the Co-op Joe began training to become a lineman. He has shown suitable proficiency and is well on his way to becoming a very capable one. Having been with the construction crew during most of his time here, he has become familiar with the area served by the Co-op.

Joe is 21 years of age, and single. (We mention this without any prompting on his part)

He used to do some commercial fishing around Atlantic, and has been fishing, just for fun, around here. He might give us some helpful hints.

DON'T FORGET TO SEND YOUR PAYMENTS BEFORE THE FIRST.
READ YOUR METER ON THE 20TH.

Joe Hill, the lineman

My grandparents, Alma and Joe Hill, asked that I send the 1949 newsletter article and photos of my granddaddy when he worked for Albemarle electric co-op in Hertford back in the 1940s. They now live in Newport.

Tabitha Walker, Havelock



WHERE IN
CAROLINA COUNTRY
IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Oct. 7 with your name, address and the name of your electric cooperative.

Online: carolinacountry.com
By e-mail: where@carolinacountry.com
Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our November issue, will receive \$25. To see the answer before you get your November magazine, go to "Where Is This?" on our website carolinacountry.com.



September winner

The September picture by Stephan Banakas of Hayesville shows a re-created filling station near Lowe's Body Shop off Old U.S. 64 West, near Rocky Branch creek, about three miles from Hayesville in Clay County. It was built and equipped by Bud Lowe and his son. The winning entry, chosen at random from all correct submissions, was from Betty McDonald of Gainesville, Ga., a member of Blue Ridge Mountain EMC.



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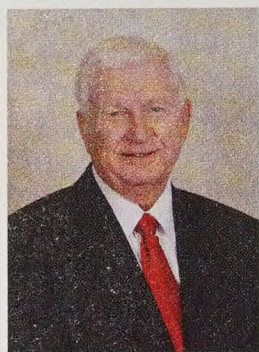
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Don Hughes is appointed CEO at Brunswick Electric



Don Hughes has been named CEO/general manager of Brunswick Electric Membership Corporation, the Touchstone Energy cooperative based in Charlotte.

With more than 44 years experience at BEMC, Hughes, a Brunswick

County native and longtime resident of Oak Island, has been instrumental in building the cooperative's operations group. He most recently served as vice-president of operations/COO, a position he held since 1999, and as assistant general manager since February 2014.

As a community leader, Hughes chairs the Brunswick County Economic Development Commission, is vice-chair for the Doshier Memorial Hospital Board of Trustees and serves on the advisory board for BB&T.

In addition to being a member of several local civic clubs and organizations, he chairs the Touchstone Energy Golf Tournament for Shriners Hospitals for Children and is on the board for the U.S. Open King Mackerel Tournament. Hughes also represents BEMC on both the state and national levels, serving on various committees for the N.C. Electric Membership Corporation and for the National Rural Electric Cooperative Association's Cooperative Research Network.

He succeeds Robert W. Leavitt Jr., who recently retired after serving 32 years with the cooperative.

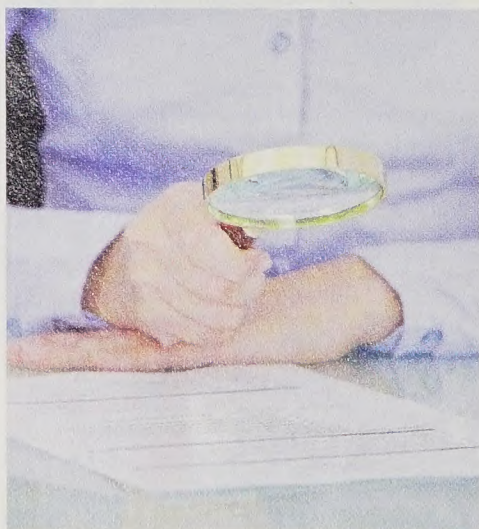
Established in 1939, Brunswick Electric is the second largest electric cooperative in North Carolina, the 35th largest of 905 co-ops in the U.S. and serves about 86,000 locations in Brunswick and Columbus counties, plus small areas of Bladen and Robeson counties.



Gov. McCrory meets with electric co-op leaders

In late summer, leaders from North Carolina's electric cooperatives met with Gov. Pat McCrory to discuss issues important to co-op members, including energy, economic development, education and broadband access.

In the photo, Gov. McCrory is seated at the head of the table on the right. Clockwise starting at the governor's left is Joe Brannan, CEO of North Carolina Electric Membership Corporation; Susan Flythe, executive vice president and general manager of Cape Hatteras Electric Cooperative (Buxton); Mark Suggs, executive vice president and general manager of Pitt & Greene EMC (Farmville); Jeff Joines, board vice president for Blue Ridge Electric (Lenoir); Donald van der Vaart (partially blocked), deputy secretary of the N.C. Dept. of Environment and Natural Resources; Carl Kornegay, board president of Tri-County EMC (Dudley); Mitch Keel, CEO for Four County EMC (Burgaw); Bob Goodson, chief operating officer of North Carolina Electric Membership Corporation; John Skvarla, secretary of the N.C. Dept. of Environment and Natural Resources; Rick Martinez (partially blocked), deputy communications director for Gov. McCrory; and Jay Rouse (standing), director of government affairs for the North Carolina Association of Electric Cooperatives.



Misleading claims

If you get e-mail or other ads from Solar America claiming that by installing a solar energy system at home you can "Eliminate Your Energy Bills Today!" and can "Cut Your Bills By 30-70% From Day 1!" and that you can "Avoid Rising Utility Rates With Solar" and that you can "Save Up To 50% With Today's Rebates" and that you can "Lease a System Without High Upfront Costs," you should be

skeptical. These claims are misleading.

Solar America claims on its website to be accredited by the Better Business Bureau, when in fact the Better Business Bureau gives it an "F" grade and states it is not accredited because of complaints.

While there are many legitimate, honest solar energy businesses today, there also are some that make misleading claims.

The ELECTRIC CO-OP CONNECTION

Discover the meaning
of membership!

OCTOBER IS NATIONAL CO-OP MONTH



Electric mowers vs. gasoline mowers

An electric-powered lawnmower typically costs more to buy than an average gas-powered one, but its operating costs are lower.

The Cooperative Research Network, an arm of the National Rural Electric Cooperative Association, looked into the comparison recently and found that there's not much research quantifying costs of either mower, but what is available shows electric mowers less expensive to operate by far.

A Christian Science Monitor study indicated that — on average — gas-powered lawnmowers cost around \$50 less to buy than comparable electric lawn mowers, but that an electric one operates at approximately \$1.04 per acre compared to a gas mower that may cost around \$4.70 to mow an acre. Assumptions are that fuel costs 11 cents per kilowatt-hour for electricity and \$3.50 per gallon for gasoline.

Using those estimates, and assuming that a typical user will mow the lawn around 40 times per year, CRN calculated an annual cost savings of around \$150 per acre of lawn using electricity instead of gasoline. With that in mind, the simple payback period for a small yard (around 0.1 acres) might be a little over three years using an electric lawnmower instead of a comparable gasoline unit, while a half-acre yard might yield a shorter simple payback period of around eight months.

CRN noted that actual payback periods will vary depending on factors like the type of lawnmower purchased, the size of the lawn, the length of the growing season for grass, the local cost of fuels (both electricity and gasoline), and user preferences for grass height and mowing frequency.

BY THE NUMBERS

1,400,000,000

America's electric cooperatives pay about \$1.4 billion in taxes per year to states and localities. North Carolina's co-ops pay about \$58 million.

600,000,000

Electric cooperatives each year return about \$600 million to members in the form of capital credits — margins that remain after not-for-profit co-ops meet their financial obligations.

42,000,000

More than 900 electric cooperatives deliver electricity to more than 42 million American homes and businesses. North Carolina's electric cooperatives deliver electricity to more than 950,000 homes and businesses (2.5 million people in 93 of the state's 100 counties).

2,500,000

U.S. electric cooperatives own 2.5 million miles of distribution line. That's enough to circle the equator more than 100 times.

70,000

The number of people employed by America's electric cooperatives. In North Carolina, it's about 2,300.

75

Electric cooperatives cover 75 percent of the nation's land mass.

7.4

The number of member-accounts per mile served by America's electric cooperatives. North Carolina co-ops serve 10 member-accounts per mile, compared to 43 for municipal utilities and 23 for investor-owned utilities.

Try This!

Insulating paints for exterior walls

Be very wary of energy saving claims

By Brian Sloboda

A new series of insulating paints promises energy savings by simply painting the exterior of a building. But do they really work?

Some insulating paints promise up to 40 percent energy savings when applied to exterior walls. Typically, insulating paints (also called “nanocoatings” by some vendors) are designed to be applied to a building’s exterior with the goal of reflecting radiant heat energy. These types of radiant barriers have shown to provide benefits when properly applied to roofs (particularly in sunny areas with large cooling loads), and there are a number of Energy Star-qualified products that can be used for this purpose.

However, radiant coatings for roofs are different than paints that are to be applied to exterior walls. To date, there has not been any definitive research showing that adding such coatings to exterior walls is a cost-effective way to reduce building energy use.

R-value “equivalents” don’t add up. Instead, there has been a good deal of material from coating vendors that confuses radiative heat transfer with conductive heat transfer.

For example, numerous coating manufacturers advertise an “equivalent R-value” of their coatings. R-value represents the amount of insulation needed to reduce conductive heat transfer across a surface.

In an example of the confusion that arises from heat transfer equivalence, one manufacturer claims that test results show that adding its 100-micron-thick coating to a four-inch concrete and plaster wall




decreased the thermal conductivity across that wall by nearly 30 percent.

In other words, the manufacturer claims that the coating reduced conductive heat transfer by a significant percentage. Simply considering the scale difference between four inches of concrete and 100 microns of paint should illustrate why claims like this should be met with extreme suspicion.

Actually, the R-value of coatings is typically quite low. If a coating were applied to a depth of one inch, it might be able to achieve the insulating properties of, say, one inch of fiberglass-batt insulation or rigid foam. But even that’s unlikely given that a coating doesn’t contain the gas voids that give insulators their insulating properties.

Because coatings are applied in a thickness measured in microns, not

inches, they simply cannot affect conductive heat loss from a building in any appreciable way and are not directly comparable to traditional insulators on an R-value basis.

The best energy efficiency improvements are often the simplest and most common. Turning lights off when leaving a room, sealing windows and doors and cleaning refrigerator coils aren’t as much fun as buying a shiny new appliance or product. But these simple, low-cost actions are proven ways to save energy and increase comfort. 

Brian Sloboda is a program manager specializing in energy efficiency for the Cooperative Research Network, a service of the National Rural Electric Cooperative Association. Additional content provided by ESource.

For more information on how to save energy, including a virtual house tour, go to TOGETHERWESAVE.COM



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Backyard power

The challenge of integrating solar energy into the grid

So you like the idea of getting your electric power from the sun: It's clean energy, it seems simple (no moving parts!), and it may lessen your dependence on the grid.

But the truth is, residential solar power isn't as simple as it seems, and unless you're willing to invest in an expensive battery system and backup generation, the average household can't sever its cord from the electric grid.

The sun shines only part of the day, but most likely you need electricity 24/7. For this reason alone, most homes with roof-top solar arrays need to remain connected to local power lines. But solar and other renewable forms of energy are popular, and they are changing the relationship between the grid and residential electricity users.

Distributed generation & the grid

Locally generated electricity is part of what the utility industry calls "distributed generation," or smaller sources of power generation within a utility's service system, separate from central power plants.

Until recently, power flowed just one way: from power plants through your electric co-op's lines and into homes. But today, a home or small business with solar panels can generate electricity when the sun is shining—perhaps enough electricity for itself—and direct any excess power back onto the grid.

The rules governing distributed generation—in particular, payments for excess power that flows onto the grid—vary from state to state and utility to utility. Consumers who are interested in residential solar installation should always contact their local electric cooperative first. Cooperatives set any payment or credit for member-owned electric generation based on a rate determined by what it costs the co-op to integrate that power and maintain the grid for all members.

Distributed generation on power lines also raises a potential technical danger called "islanding." This can occur when an outage brings down the local grid, but a line continues to be live because power keeps feeding in from distributed generation. Islanding can be a safety hazard for linemen working to get the power back on and can cause problems when the grid powers back up.

Another challenge of distributed generation is that solar power is highly variable. The energy generated regularly rises and falls during the day,

A typical 4-kilowatt rooftop solar electric array costs about \$21,600, before tax credits.



hour by hour, depending on the weather. For cooperatives and other utilities, integrating this variable supply into the overall power requirements of a local system takes extra planning and scheduling.

Cooperatives are testing various ways to safely integrate new excess power into the grid, including battery storage, to smooth out the peaks and valleys that come with renewable generation.

Localized solar options

For homeowners and small businesses, a solar array can be an expensive proposition. Residential solar electric photovoltaic (PV) systems range in size from 1 to 20 kilowatts (kw). A 4-kw system is often a roof-mounted array or grouping of 16 to 20 PV modules. Costs vary across North Carolina. Advanced Energy, a not-for-profit research and engineering service in Raleigh, reports that an average cost for a residential PV installation is \$5.40 per watt, so a 4-kw installation may cost about \$21,600. Tax credits for systems installed before the end of 2015 can make PV systems more affordable.

To provide members with another option, some electric co-ops are looking into "community solar" systems. These are larger arrays from which members can acquire the power from one or more panels, or in some cases, just a portion of a panel. The co-op would handle the maintenance, and the member receives a credit for solar generation. Members buy just as much solar generation as they want or can afford. Community solar may open a new opportunity, offering "backyard solar" at a reasonable cost for consumer-members who may not have a site suited for solar. ☺

This is the 20th in a series produced by the North Carolina Association of Electric Cooperatives. See the entire series at carolinacountry.com.

What you can do

Watch a video on solar power and the grid:
carolinacountry.com

Visit the North Carolina Clean Energy Technology Center at N.C. State University:
nccleantech.ncsu.edu



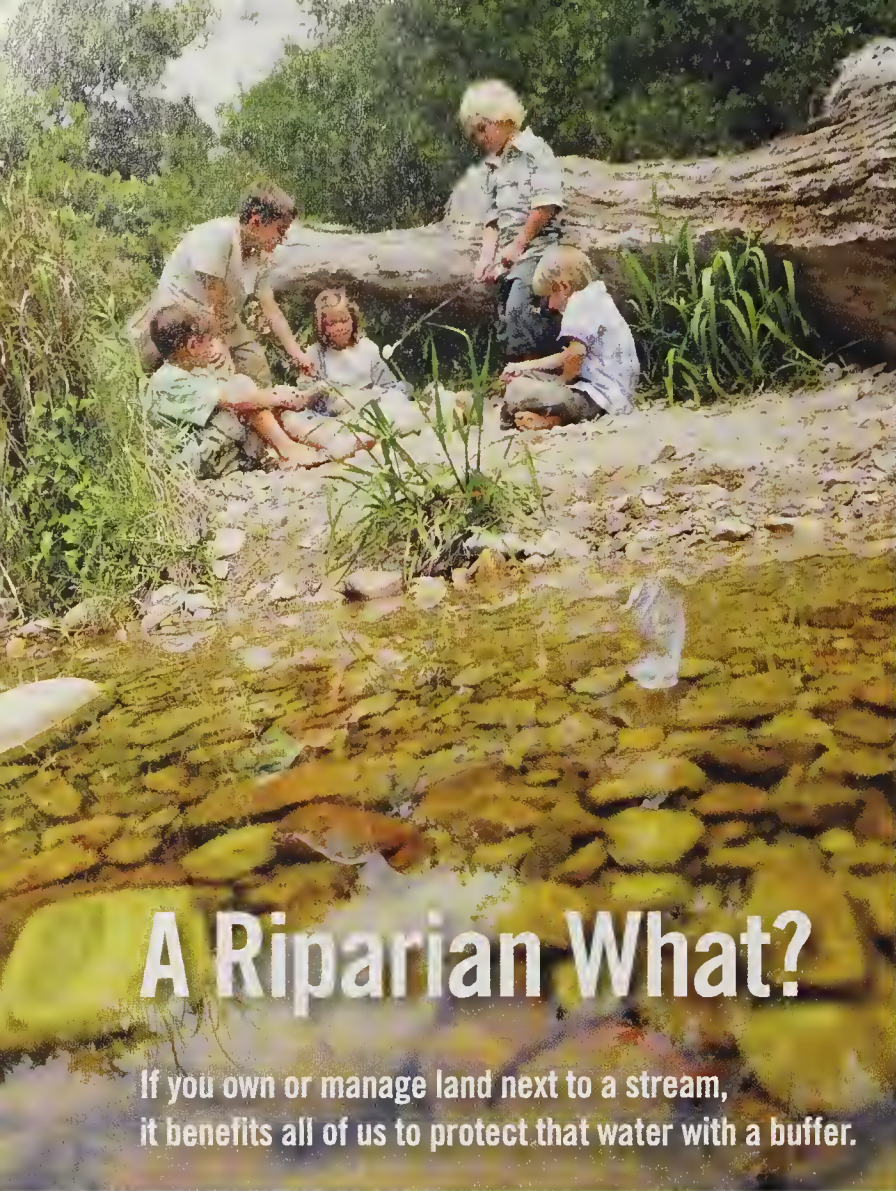
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A Riparian What?

If you own or manage land next to a stream, it benefits all of us to protect that water with a buffer.

by Amy Ney

A “riparian buffer” sounds complex, but it is really quite simple: a strip of vegetation along a streambank. Riparian is from a Latin term that refers to the land along the edge of a natural waterway.

In 1911, President William Howard Taft signed the Weeks Act, giving the federal government authority to purchase private lands for conservation purposes, especially to protect the headwaters of rivers and watersheds in the eastern U.S. Today, we may not see the need for such protection, but in the early 1900s, land use restrictions were nonexistent — land was being cleared at an alarming rate leaving no vegetation to hold soil in place. In 1916, the Pisgah National Forest in North Carolina was the first national forest created under the umbrella of the Weeks Act.

Thus, the first step was taken to protect our water resources. But the second step is up to the rest of us. You can make a riparian buffer of native vegetation including grasses, flowers, bushes and trees along a streambank. The suggested width of a buffer ranges from 20 to 100 feet, depending on the slope of the land and the land use.

Why are buffers important?

Sediment is the number one pollutant of our waterways, and it has numerous causes. Streambank erosion occurs when there is not enough vegetation to hold the soil in place, when grazing cattle are allowed access to streams, and at improper stream crossings at farm and forestry sites. A

vegetated buffer really helps to reduce sedimentation and keep our water pure, by intercepting heavy rains and protecting the soil with leaf cover, and by holding streambank soil in place with the root systems of plants and trees.

Buffers also protect animal habitat. Deer, rabbits, quail and other species use these zones to safely drink, feed and travel from place to place. Migratory songbirds also depend on buffers to rest during their travels. Streamside buffers that protect animal habitat also benefit hunters and birdwatchers.

Streambank trees help keep the water shaded, cool and oxygenated. These conditions promote healthy populations of aquatic invertebrates that support fish, other aquatic wildlife, and the animals that depend on them for food. Vegetation along streams provides food, shelter and shade for aquatic habitats that form the base of our food chain.

Vegetated buffers also help filter pollutants from runoff before it reaches a stream or river. They prevent pesticides, fertilizer and other chemicals from entering moving water by filtering or absorbing them. They also filter sediment out of floodwaters and slow the water, helping to reduce the damage done during flooding.

What you can do

If you have ditches, protect the banks with vegetation, not rip-rap. Rocks don’t have roots to hold the soil in place, so it will wash out from underneath and create a larger problem.

If you have a stream, maintain a buffer of native plants and trees along the bank. Seeing the stream is okay, as long as native vegetation is maintained and the banks are not lined with rip-rap.

If you own cattle, fence them out of moving water and provide an alternate water source.

Refrain from straightening a section of stream, as it will likely return to its original state and cause erosion in the process.

To find free resources and advice on how to plant or maintain a buffer, and possibly cost-share programs to help pay for projects, contact your local Cooperative Extension office, Soil & Water Conservation District office, or Natural Resources Conservation Service district conservationist. 🌱

Amy Ney is a freelance writer with a professional background in private land management. She is a member of Haywood EMC.

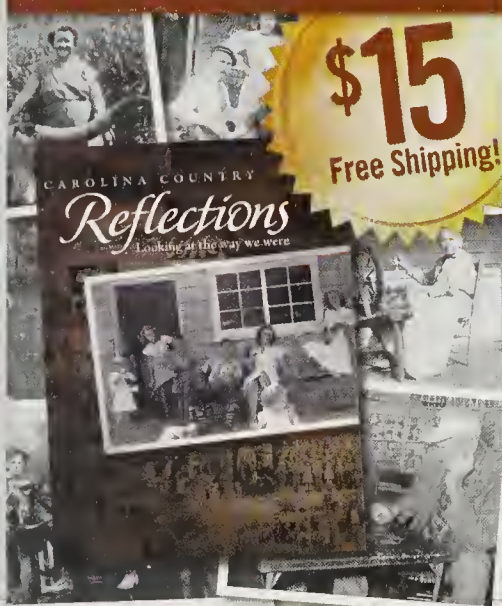


Migratory songbirds depend on buffers to rest during their travels. Streamside buffers that protect animal habitat also benefit hunters and birdwatchers.

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Hogwild for livermush!

By Carole Howell

Combined, the words liver and mush do not sound particularly appealing, especially for those people new to North Carolina's livermush region. For those who dare to try it and like it, or those like me who were raised on it, the mere mention of this old-timey delicacy draws an enthusiastic response.

Livermush is a mixture of ground hog meat and liver, spices and cornmeal. It probably came south to the North Carolina mountains and piedmont with German settlers from Pennsylvania. Similar to the more familiar scrapple, generations of families have been making livermush along with their homemade sausage and smoked hams.

Sliced and fried alongside eggs for breakfast, or as the centerpiece of a sandwich with mayonnaise or mustard, you can find livermush on the menu in western and mid-North Carolina, a little of South Carolina, and parts of Virginia. Suppliers are Mack's Livermush and Meats in Shelby, Jenkins Foods in Shelby, Neese's Country Sausage in Greensboro, and Hunter's in Marion.

Roy and Gurthie Hunter started Hunter's Livermush in 1955 for the customers of a local, independent grocer. They perfected the recipe through trial and error, and within a few years the couple was making and distributing their own brand, with children Jerry, Carolyn, Louise, and Phyllis, providing a lot of the elbow grease.

"I remember that we cut the livermush in blocks and wrapped them

in plastic," eldest daughter Carolyn Hunter Johnson told me. "We sealed the plastic on a clothes iron turned upside down. My job was to wrap the blocks in paper."

Today, Hunter's Livermush produces 20,000 pounds every week for customers of stores in five counties. Two mornings a week it sells directly to the public at its plant on Poteat Road in Marion.

On a much smaller scale, Fitzhugh McMurry, along with his cousin, Joe Workman, make about 30 pounds of livermush every week in the back of his country store. McMurry Store and Farms is on NC 18 in Cleveland County, at the only stoplight in Fallston. McMurry keeps enough fresh livermush, sausage, bacon, hams and sidemeat in his meat case to satisfy a swarm of regulars and any others willing to drive to the country for a slice of heaven.

McMurry invited me into the back of his store where he already had 25 pounds of lean, meaty shoulder scraps and liver tenderized in a tall stewpot. While I watched, he ground the meat and returned it with the hot broth to the stove to get ready for the second step in the process: adding the cornmeal and spices to make a savory, mouthwatering mixture.

Like many of his generation, McMurry was born at a time when many families still grew and preserved vegetables and raised all the meat for the family table. The recipe is his mother's, but like many great country cooks, he doesn't need any measuring cups. He used his years of experience

to gauge the right amounts of red pepper, black pepper, sage, salt and brown sugar; no two batches ever exactly alike. Using a long wooden paddle, he slowly worked in white cornmeal a small handful at a time.

"Listen to the bubbles," he said. "When they start talking back to you, it's ready. Hear it?" Sure enough, the bubbles began to hiss and pop with steam and the mixture began to pull away from the side of the pot. He spooned out a taste for me, and poured the rest into a large rectangular pan for cooling and slicing.

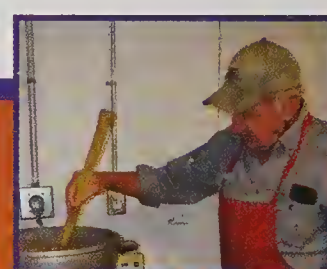
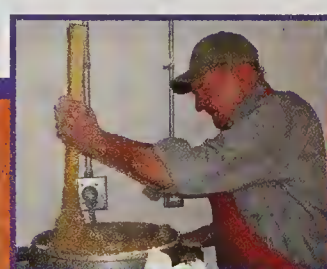
The next day my husband volunteered to drive the 30 minutes back over to Mr. McMurry's store to buy a large block of that livermush. It fried to a crunchy golden brown and disappeared quickly along with the scrambled eggs, hash brown casserole, and biscuits and molasses I served for supper that night. For us, that's hog heaven. 🐷

Carole Howell writes from Lincolnton. Learn more at walkerbranchwrites.com.

All Livermush, All Day

Shelby Livermush Expo in Uptown Shelby. Friday, Oct. 17, from 5:30 to 9 p.m., featuring craft beers and local music. Saturday, Oct. 18, from 10 a.m. – 4 p.m., \$1 livermush sandwiches, live music, children's events, pet parade, Little Miss Livermush, farmer's market, crafts, and downtown restaurant specials. (704) 484-3100

Marion Livermush Festival. First Friday in June, free livermush sandwiches, live music, livermush eating contest, pig races. (828) 652-2215



Photos courtesy of Carole Howell

Fitzhugh McMurry of Fallston, Cleveland County, uses a family recipe and years of experience to turn pork scraps and liver into livermush, a regional delicacy.



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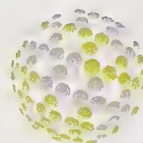
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All about deer



By Knolan Benfield

How is it that some people enjoy the thrill of seeing scores of deer while others see only a few?

A few facts and your common sense can open one of nature's doors for you. And no, you don't have to hike through the thick forest to find a fawn. First clue: deer are mainly forest edge dwellers. Some people call a deer "*Odocoileus virginianus*," but only those who know him well.

Stand still

Deer pay almost no attention to anything stationary—including a person—so if you're the reason the deer ran, just stand still. It'll probably circle back around to where it was. An alarmed deer doesn't run far.

How big are they?

Just how big is a white-tailed deer, anyway? The buck may weigh an average of 150 pounds, he's about five to six feet long, but is only three to three and a half feet tall at the shoulder. The doe is about the same height but weighs around 50 pounds less.

Feeding & time of day

An hour or so before sunset, whitetail deer come out of the woods to feed in fields. They return to the forest about two hours after sunrise.

On heavily overcast days you may find them feeding in fields anytime during the day. However, strong winds and thunderstorms drive them deep into the woods.

White-tailed deer consume 10 to 12 pounds of food every day. They will eat almost any vegetation: clover, grass, apples, acorns, trees (yes, trees). If food is plentiful, they need only about a square mile for their dining room.

Good senses

Deer are color-blind. They have keen eyesight and watch for the slightest movement. They also have an amazing sense of smell and their hearing is good.

Your rolling blind

Most wildlife can be observed closely from a "blind," and you already own one: your car. Deer in parks will allow you to drive very close to them.

When on foot keep a low profile, stay downwind and behind cover. Deer feed facing into the wind, so approach them from behind or the side.

How close is too close? Fifty yards is close enough. If an animal alters what it is doing, then you are too close no matter how far away you are.

High-tailing it

A white-tailed deer can clear an eight-foot obstacle from a standing start. A 15-foot broad jump is nothing unusual. I've seen startled deer run and jump six feet off the ground with their legs stretched straight out from their body. They will "hightail it" away at 30 to 35 miles per hour.

Daytime is naptime

Deer go to daybeds to rest and chew their cud just like a cow. Day beds are ordinarily on ridges where the rising air currents carry early warning signs of danger up the ridge.

Signs

Daybeds leave a deer-sized depression in the grass. If you see one deer-sized depression, look for a very small depression nearby. It may have been the resting place of a doe and her fawn.

Tracks of the white-tailed deer are narrow and sharply pointed. Three-inch-long tracks may belong to either an adult doe or buck.

Deer trails are formed by the animals' constant movement from food to rest areas. A concealed location along one of these is a good site to watch for deer.

If it looks as though someone has ripped small branches from bushes and even briars, it's a good sign that deer have been browsing. They have no upper incisors and must bite the bush and pull up by lifting their heads, ripping the food free.

Spring & summer, birth & young

Fawns are born in late May or June. In June, you may see a doe with her fawn. It weighs around five pounds at birth. The doe leads her newborn to a safe site and then moves about 100 yards away. She is far enough away to not draw attention to her baby, but close enough to keep an eye on it. The fawn's spots make it nearly invisible in the leaves. A fawn can walk, sort-of, 10 minutes after birth. A month-old fawn can outrun a person.

Fall & buck rubs

A buck's antlers are full size by September. He rubs them on trees and bushes to scrape off the covering of velvet. These "buck rubs" are along deer trails and roads or anywhere else he feels like making one.

The majestic buck, head held high supporting magnificent antlers, prances through the fall fields and forest, challenging any who dare step in his way. Fall is rutting or mating season, and a buck may charge at anything — definitely time to watch from your rolling blind.

Winter

Winter wanders in, travelers wander away and the deer wonder about their next meal. White-tailed deer, year-round residents of their range, munch on bark and twigs in winter.

The fawns have lost their spots, and the bucks have lost their antlers. A deer's winter coat has hollow, air-filled hair. It's such good insulation that snow doesn't melt on their backs.

Longevity

Deer may live to the ripe old age of 10. Most bucks, however, are lucky if they make it to four or five years of age. Doe live a little longer since most states usually restrict hunting doe.

Park deer are subject to another danger: eating junk food. A deer can digest grass, tree roots, acorns and apples, but not junk food. Highly processed junk and snack food can form an indigestible ball in the stomach that can slowly kill a deer.

Friend or foe

In the few areas where the wolf and the mountain lion still exist, they are a serious threat to deer. Black bears, coyotes and bobcats pose a threat only to a fawn or a sick adult. Dogs are a serious threat to any deer.

Humans are the biggest threat. Hunting and collisions with vehicles kill most white-tailed deer. Watch for them along the road especially at dusk and dawn. When one crosses the road, slow down and wait a moment, another most likely will follow. Maybe it will be a fawn.

Now, go to a park. Bet you will be the one that sees a lot of deer. Happy (deer) trails to you. 🦌

Writer and photographer Knolan Benfield grew up in the Blue Ridge Mountains and lives in Morganton. He is a member of Rutherford EMC. Learn more at KnolanBenfieldPhotography.com

The majestic buck, head held high supporting magnificent antlers, prances through the fall fields and forest, challenging any who dare step in his way.

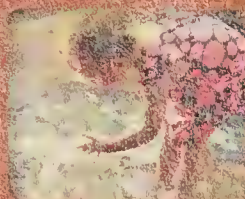
Are we OK?

This is my son at Aw Shucks Corn Maze and Pumpkin Patch in Monroe. We were waiting for the wagon ride and saw this cute pumpkin. Totally unprompted, he cut his eyes at the pumpkin. (Photography by Carrie Leavitt, Wadesboro, Pee Dee EMC)



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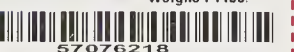
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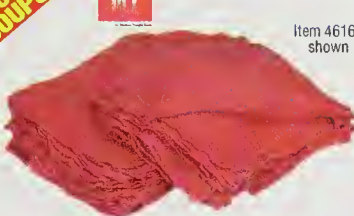
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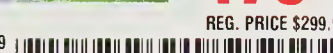
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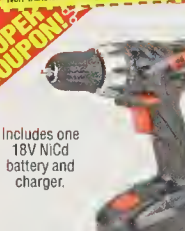
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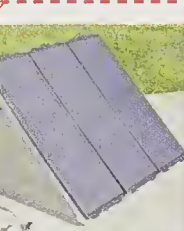
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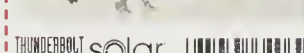
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CABOOSE FISHING AT MYRTLE BEACH

On memorable fishing trips in late September and early October, my Daddy and I had our own special place.

by Lib Richards

I grew up in Wilmington, N.C., in a railroad family. My grandfather, William Gray "Captain Buck" Evans, was an engineer for the Atlantic Coast Line. My father, William Blackwell "Captain Bill" Evans, was a conductor who had over 50 years of service with the railroad. My brother, William Gray "Snookie" Evans II, was a timber and tie lumber purchasing agent, and his wife, Maxine Pittman Martin, was a secretary. The three men were featured in the Atlantic Coast Line publication for serving the railroad for over 100 years combined.

We lived at 219 Nun St., on the corner of Third and Nun, in an historic house, the old "Green Family Mansion." We were only blocks from the trolley line that ran through overarching trees covered with Spanish moss, over a long wooden trestle across the sound to Station One at Wrightsville Beach. The trestle would sway as the trolley car passed over — really scary at night. There at the beach were the Lumina Dance Hall and Beach Club, the Carolina Yacht Club, and Johnny Mercer's pier.

Daddy was tall and slim with curly black hair. He had a slightly stern but kind expression. He loved to read, to collect and swap guns, and to work on trains. He would always bring home gifts, large or small, from town or from train trips. He would often take me with him on short train trips. I got to ride in the engine with my grandfather and pull the whistle for crossings and mailstops. A few clinkers (bits of coal from the fire box) never bothered me. My "job" was in the baggage car. While being held at the waist as I leaned out the window, I would hang mail bags on

posts as the train slowed. Once when we were carrying a shipment of gold with an armed guard, I was allowed only to peak into the baggage car that day.

Caboose fishing

I am now 86, and I remember several wonderful fishing trips with Daddy to Myrtle Beach, S.C. He would have the train park a caboose on an unused siding near an old gray wooden hotel. The hotel was the only building in the area at the time. From the caboose it was a short walk through sand dunes and sea oats to virgin beach and the sparkling ocean. There were no houses on the oceanfront, and in late September and October there were no people on the beach.

From the caboose it was a short walk through sand dunes and sea oats to virgin beach and the sparkling ocean. There were no houses on the oceanfront, and in late September and October there were no people on the beach.

In Wilmington we would pack up my father's Model-T with supplies and then drive down to that caboose, where we would live during those trips. We took a large metal box that hinged on top and had a spigot for ice melt water on the bottom. This held a 20-pound block of ice, a pat of butter, a glass quart of milk, a slab of bacon, a dozen eggs, and a large hunk of yellow

cheese. Other supplies included crackers, a long loaf of bread, fruit, a bag of pecans, two metal bottle carriers each holding six glass bottles of Coke, toilet paper, a cake of Octagon soap, two towels and washcloths, two plates and cups, knives and forks, a butcher knife, cutting board, and a metal box of matches. Driftwood provided fuel for the stove. Clothes and utensils dried in the sun after being scrubbed with ocean water and sand. In addition we packed several books for me, extra clothes, bathing suits, toiletries, a folding cot, three army blankets, an iron skillet, a huge bag of salt, a wooden barrel and lid, a pistol, a hunting knife, and Daddy's lantern and fishing equipment. Daddy used his railroad lantern so we could read at night, and he smoked a pipe with honey roasted tobacco to keep the "skeeters" and "no see'ems" away.

One of the army blankets was to cover the ice chest as additional insulation; another was for my father, and the third was for me to roll up in on the beach when I was tired and my father was fishing by lantern light. In the caboose I slept on the cot with my brother's old Indian blanket. (Daddy was concerned that I might fall out of the bunk bed.)

On each trip we fished and picnicked for several days and nights until our ice and food ran out. I would enjoy the surf and collecting the sea shells that were everywhere. There were sand dollars, conchs, scotch bonnets, angel wings, and olive shells. The stars were spectacular, and the sunsets were beautiful.

One morning, while it was still dark, Daddy shook me and said, "Listen, Sis!"

SEE AN ATLANTIC
COAST LINE CABOOSE

The Wilmington Railroad Museum in 2014 marked 35 years of preserving and explaining the railroad history of Wilmington, with emphasis on the Atlantic Coast Line. In the first half of the 20th century, the ACL was based in Wilmington, including its magnificent headquarters, passenger terminal on Front Street (demolished in 1970), roundhouse maintenance building, wharves and warehouses. The museum is located in the old ACL freight office at 505 Nutt St., generally open 10 a.m. to 4 p.m. (1 to 4 p.m. Sundays until Oct. 19). For more information: (910) 763-2634 or wilmingtonrailroadmuseum.org



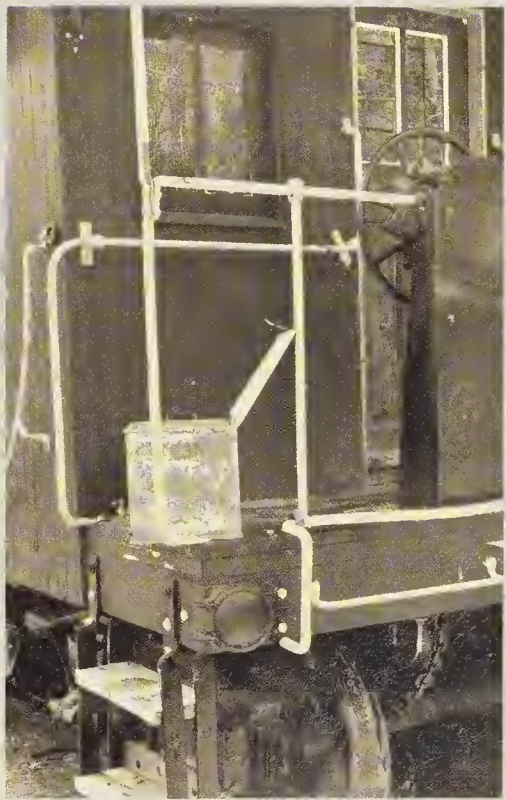
The caboose was red with small windows in a “box” on top. There were no screens. Access was by metal steps up to a small stoop or porch on the back of the caboose. Inside, there was one bunk where trainmen could rest during long trips, an iron potbellied stove on legs for cooking and heat, a “sink” and a “potty.”



With my parasol at Wrightsville Beach.



My grandfather, father and brother gave 100 years combined to the Atlantic Coast Line railroad.



This was the ice chest we used on those caboose fishing trips. It's now used for birdseed storage, but we placed it on the caboose for its picture.

We could hear the sea gulls screeching. Daddy said, “Get up and dress. The blues are running!” We grabbed a slice of bread and cheese and a Coke and hurried to the beach. We fished until neither of us could cast again. The blues were so thick in a feeding frenzy that the waves were silver with them and with the smaller fish trying frantically to escape. I was using a small pole and a Hopkins lure, and I caught a fish

with every cast. It was quite a fight to land them, so I tired fairly soon. Daddy fished and fished and had an enormous catch that he would clean and salt before dark. The large bag of salt and barrel were used to pack our catch, and my father would ship it by rail to my grandparents, Gertrude Baker Dunn and John Edward Dunn, in St. Albans, W. Va. Afterwards we packed our gear,

shells and the barrel of fresh salted fish into the Model-T and headed for home. On the way, I thought of how good it was on our “caboose fishing” trip. But I knew most of all how great it was being with my father and having his undivided attention.

Elizabeth Richards lives in Lynchburg, Va. The Richards family has a house on Harkers Island where they are members of Carteret-Craven Electric Cooperative.

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'Winterizing' pets

Like people, critters need increased care as the mercury drops

When the weather gets colder, we bundle up our kids, prep our heating systems, and bring our vehicles to our local mechanic for service so they can withstand winter's temperatures. Yet all too often, people neglect to take basic steps to help their pets adjust to cold days and nights.

Pets are family members and belong with the family, says Betsy Saul, co-founder of petfinder.com. It is a part of their DNA, by virtue of their domestication. As winter comes, we tend to shutter ourselves inside. Saul encourages people to bring in dogs who are outside in yards.

Other hazards that winter brings include the danger of a pet ingesting rat or mouse poison. (Mice tend to come inside a home when it gets colder.) Make sure any rat or mouse poisoning you use is not accessible to your pets.

Another danger Saul mentions: antifreeze poisoning. Animals love its taste but it can be fatal. If you are adding antifreeze to your vehicle, clean up any drips and spills right away, make sure caps are tight, and dispose of used antifreeze properly. You definitely don't want your pet ingesting *any* antifreeze, but you can choose to use antifreeze that has propylene glycol – it is generally considered less toxic than ethylene glycol. Check labels.

Saul points out that pets can suffer foot injuries from exposure to salt on sidewalks. Other de-icing compounds can also irritate paws, food pads and mouths. If you've added a de-icing compound to your walks and driveway, keep your pets away from these areas. And remove ice and snow from their paws after they've been outdoors.

Remember that many rules apply to both cats and dogs. You never want

Check with your local Audubon club to learn about winter care of birds like this white-throated sparrow.



U.S. Fish and Wildlife Service

to leave either in a car during cold weather. By the way, cats and dogs need more protein if they are spending time outside, because they burn more calories to stay warm. For your pet chickens, put extra corn in their bowls.

Small animals are especially sensitive to fluctuations in temperature, notes Saul. Dry air from our heaters can be much too dry for reptiles and indoor birds. Reptiles are also very sensitive to drafts. All reptiles need to have a heat lamp that they can

snuggle under and plenty of exposure to sunlight or a sun lamp, she says.

For wild birds, heated water dishes are available so that they have constant access to fresh, clean water. Similar heaters are available for birdbaths as well.

— IE News Service

Small animals are especially sensitive to fluctuations in temperature

Knock to save a life

When it's cold, cats and other small animals such as squirrels and possums will climb up under the hood of a vehicle to keep warm. Give the hood of your car or truck a sharp knock before starting the engine. The noise will wake them up and give them time to escape.

Animals who need a home

Are you looking to adopt a pet? Petfinder.com is an online, searchable database of animals who need homes and a directory of more than 13,000 animal shelters and adoption organizations across the U.S., Canada and Mexico.

Invest in your health

Stay fit to avoid higher medical costs in retirement

By Lisa Hughes-Daniel

You may be paying off debt, following a budget and saving money for retirement—all are important for keeping a sound financial plan. You may not, however, be thinking about another factor that can have a significant impact on your lifelong finances: your health.



A couple with high prescription drug expenses who retire at age 65 might need \$360,000 to cover their retirement medical costs.

Source: Employee Benefits Research Institute, 2002 Notes.

The simple fact is chronic health problems are often expensive. Consider these statistics:

- People with diagnosed diabetes have an average of \$6,649 in medical costs per year that are attributed to the disease—about 2.3 times more than they would incur without diabetes.
- Obese Americans spend 36 percent more on health care and 77 percent more on medication than those who weigh less.
- Heart attacks and stroke cost the U.S. more than \$312 billion a year in medical expenses and lost productivity, with individuals paying in the form of medical bills and lost wages.

- In fact, two-thirds of American adults today are either overweight or obese, which increases the risk of developing heart disease, stroke, diabetes and many types of cancer. These are serious conditions that require ongoing medical care and medications.
- Smoking, the leading cause of preventable death and disease, costs men an average of \$20,893 more in medical costs and women an average of \$23,142 more.
- While some health issues you may face during your lifetime are beyond your control, the conditions mentioned are often linked with lifestyle choices, such as poor diet and lack of exercise. 🧘

Healthy habits for life

Here are things you can do to improve your long-term health and quality of life and also help keep medical costs down:

- **Get regular exercise.** Even a 30-minute brisk walk five times a week can improve heart health, lower blood pressure and cholesterol and help prevent or manage type 2 diabetes.
- **Don't smoke.** If you do, get help quitting. Smoking is one of the single worst things you can do for your health.
- **Maintain a healthy weight.** Being overweight is a risk factor for many chronic, debilitating illnesses. If you need to lose weight, talk with your doctor about creating an exercise and food plan.
- **Eat smart.** If your usual diet is high in fat, sugar and sodium, considering making healthful changes. Pay attention to portion sizes, especially when eating out.
- **Get regular checkups.** Routine medical care, screenings and immunizations can help you stay ahead of any developing health problems and get treatment to stay healthy.

Sources: Center for Disease Control and Prevention (CDC), 2014 Notes. Rand Corporation. Employee Benefits Research Institute, 2013 Notes.

Lisa Hughes-Daniel is a marketing and communications professional who writes materials for the National Rural Electric Cooperative Association.

Vibrant contrasts

Remodeled kitchens sizzle with bursts of bold color

Vibrant, energetic colors — especially in kitchens — is one of the top trends seen in 2014. The use of color in kitchen designs was identified as one of the themes emerging from the National Association of the Remodeling Industry's 2014 CotY Awards program, which recognized top national projects in 25 categories.



National Association of the Remodeling Industry



National Association of the Remodeling Industry



BEFORE

Copper shades pop in this kitchen's custom backsplash. Remodeled by DreamMaker Bath & Kitchen: CotY Regional NorthCentral winner; \$80,000–\$120,000 category



BEFORE

Bursts of blue accent this cheerful kitchen. Remodeled by Jackson Design & Remodeling: CotY Awards National winner; \$40,000–\$80,000 category

This year in the kitchen, design experts say it's all about color and creating contrasts, from pairing classic with contemporary styles to infusing touches of color into the timeless combination of black and white.

Since most appliances are basic black, white or stainless steel, bold bursts of color are appearing on other surfaces. Color is often used to highlight the base of island or peninsula cabinets, colored stone in the countertop, different blends of cabinetry wood and in backsplash tiles. For some homeowners, adding color can update an existing look, while for others, it can be the starting point for a total remodeling.

"Color is a great way to create harmony, especially in open concept

kitchens that flow into other parts of living and dining room space," says NARI awards chairman George Edwards.

In many of this year's winning CotY kitchen designs, bolder colors such as blues, oranges, sunny yellows and avocado greens complemented stainless steel and darker cabinet colors with neutral white finishes.

What is making color trends different is fusing them together in fresh and inventive ways. Colors found in nature, such as relaxing silver blues, gray/greens and earthy browns, remain popular, but are now being integrated with bursts of poppy, vibrant pink, daiquiri green or purple. Warm yellow and red shades continue to be popular in kitchens because of their comforting and subtle hues.

Coppery browns and Aztec clay colors — such as henna, ginger and gold tones — are also popular choices, especially in backsplashes where homeowners are inspired to use a variety of colors to personalize their kitchens and create a distinct décor.

Improving the overall look and feel of the kitchen was most often cited on the CotY entries as the main motivating factor by homeowners for remodeling, followed by improving function.

NARI members are full-time, dedicated remodelers who follow a strict code of ethics.

Consumers may visit NARI.org or call (847) 298-9200 to find a qualified NARI professional near them.

—The National Association of the Remodeling Industry

Greener food shopping

Tips for being an eco-conscious consumer

Whether stopping in for a daily to-go cup of coffee or making a grocery store trip, you likely have many purchases throughout your week.




Buying local in North Carolina

There are four main state farmers markets in North Carolina: Western North Carolina (popularly known as WNC) Farmers Market in Asheville, Charlotte Regional Farmers Market, State Farmers Market in Raleigh and Robert G. Shaw Piedmont Triad Farmers Markets in Greensboro. In addition, there are roughly 200 other farmers markets throughout the state. To find ones near you, visit ncfarmfresh.com/farmmarkets.asp.

Because so many consumer habits can have a negative effect on the planet, it's a good idea to reflect on your environment impact. "There are many ways to support the green movement," said Hillary Femal, vice president of marketing for IFCO, producers of eco-friendly produce containers. "But the easiest way is to become an educated consumer."

Sustainable consumption

As a shopper, you can help cut down on the amount of waste in landfills and other environmental problems. Here are a few steps you can implement whenever you're shopping:

- **Know your grocer's containers:** Many companies and grocers are taking steps to provide greener solutions for the display of their products, such as produce. Recycling cardboard boxes used to display produce is good, but according to the EPA, reuse is better. That's why many grocers use what are known as reusable produce containers (RPCs). Grocers can use and reuse these containers to ship, store and display fresh produce — all in an environmentally friendly way that reduces waste. Visit choosereuse.org to learn about reusable produce containers.
- **Buy local food when possible:** This means you help cut down on energy used to transport groceries and cut down on fuel emissions. Local produce is usually more nutritious as it is usually sold shortly after being picked, and it requires less packaging than shipped food. Not to mention you are helping local farmers in your area!
- **Support grocers that reduce waste:** Some specialty food stores may be well known for their green standards, but many major food retailers are also making green choices. Some provide produce brands, such as Village Farms, which recognizes the importance of reducing waste when shipping its products and chooses RPCs to reduce waste, energy and greenhouse gas emissions. These stores are also able to display the produce directly in their containers, getting even more use out of them.
- **Bag it up:** According to the EPA, thousands of plastic and paper shopping bags are thrown away every year. Help reduce this extra waste by using reusable cloth bags for your purchases. Keep them with you in your car, so they're always handy for shopping trips to the grocery store, drug store or anywhere else you frequently shop. 

—FamilyFeatures.com

Quiet and calm

A tranquil scene in the Beaufort coastal region with calm waters, a barrier of rocks, clouds and trees reflecting into the water. It gives me a feeling of quiet and calm.

Susan Yerry Sessoms
Supply, Brunswick EMC

The Photo of the Month comes from those that scored an honorable mention from the judges in our 2014 photo contest ("Carolina Country Scenes," February 2014). See even more at the Photo of the Week on our website carolinacountry.com.



A D V E R T I S E M E N T

Loose Saggy Neck Skin – Can Any Cream Cure Turkey Neck?

DEAR DORRIS: I'm a woman who is 64 years young who suffers from really loose skin under my chin and on my lower neck. I hate the term, but my grandkids say I have "turkey neck" and frankly, I've had enough of it!



I have tried some creams designed to help tighten and firm that loose, saggy skin, but they did not work. Is there any cream out there that can truly help my loose neck skin?

Turkey Neck, Winston-Salem, NC

DEAR TURKEY-NECK: In fact, there is a very potent cream on the market that firms, tightens and regenerates new skin cells on the neck area. It is called the **Dermagist Neck Restoration Cream®**. This

cream contains an instant lift ingredient that tightens the skin naturally, as well as deep moisturizing ingredients to firm the skin and make it more supple. Amazingly, the **Dermagist Neck Restoration Cream®** also has Stem Cells taken from *Malus Domestica*, a special apple from Switzerland.

These stem cells are actually unprogrammed cells that can mimic those of young skin that stays tight, firm and wrinkle free. As an alternative to the scary surgeries or face lifts that many people resort to, this cream really packs a big punch on the loose saggy skin of the neck.

The **Dermagist Neck Restoration Cream®** is available online at Dermagist.com or you can order or learn more by calling toll-free, 888-771-5355. Oh, I almost forgot... I was given a promo code when I placed my order that gave me **11% off**. The code was "NCN15". It's worth a try to see if it still works.

Remember...



My older sister and me in 1956.

Going home

I believed everything that my Daddy told me in 1956, when I was 5. He once told me that if I would eat onions, which I hated, I could see a fly on a tree outside the kitchen window scratch its back. After I ate the onions and still couldn't see the fly that was scratching its back, he and my older sister exclaimed, "Oh, he just flew away!" I was sure my sister and Daddy were telling me the truth.

I guess it didn't occur to Daddy that I believed everything he told me, and that I couldn't tell when he was just kidding. One day Daddy and I walked the four or so blocks to his parents' house. After a short visit with my grandparents, I was ready to go, so I told Daddy I wanted to go home and play. He said, "Okay, go on home." I took him at his word.

He had no idea that I could even begin to find my way home, but I remembered the way we had come, so I took off. To walk the four blocks home, I had to cross the busy four-lane highway that ran in front of my grandparents' home.

It wasn't long before Daddy noticed that I had gone missing. When he couldn't find me anywhere, he went home where he had to face Mother, who was fit to be tied. I couldn't understand what all the fuss was about. That was the last time Daddy ever told me to do something that I was too young to do.

Janice Cannon, Dallas, Rutherford EMC

Babysitting Jeremy Eason

This is a picture of neighborhood friends and classmates gathered for a birthday party at the home of Jeremy Eason, the little boy I babysat from his birth. After playing games and eating plenty of food, they posed for this picture on the deck. His mom, Gay Eason, and his teacher were there with them also. Today he is driving a big high truck. Now I babysit his little nephew, Hunter, every now and then.

*Annie Taylor, Ahoskie,
Roanoke Electric
Cooperative*



I wonder how many of the friends w
this picture and recognize themselv

When I was a young caddy

During my caddying days, I was caddying for a pair of skilled young golfers entered in a tournament which they, with any breaks going their way, had a good chance of winning. At one point in an early round of the tournament, I was sitting near the fairway over a rise and out of sight, waiting with the golf bag for my golfer to catch up with me. When he finally arrived he asked me calmly and good-naturedly if I had taken any of his golf balls. Apparently that had happened to him, or someone he knew, or he might have even done it himself as a caddy. He told me he would be glad to give me some balls if I wanted them. I can say it didn't even occur to me to steal anything out of his bag, and however I responded must have convinced him.

After that he trusted me and requested me in the additional rounds of the tournament. He took more of a personal interest in me than any golfer I can remember. And he was young enough that he could still closely relate to being my age. It felt good to be on the requested caddy list. It was the best relationship I ever had as a caddy with a golfer, including with my own brother who cut his teeth golfing at Fort Bragg's course. I was extremely well-paid and, though I don't remember them winning their flight in the tournament, they came close.

But they definitely won with me, and left me feeling like a winner.

Terry Barlow, Cary, Brunswick EMC

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7. Online: carolinacountry.com/contact
E-mail ("Memories" in subject line.): iremember@carolinacountry.com
Or by U.S. mail: I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

No regrets

My grandfather, Earl, adopted me when I was a baby and raised me as his own. We often vacationed to Carolina Beach. Usually it was just our household, but one time, when he was 63 and I was 13, my aunt and her family met us there. It was funny to everyone that she had brought him a Speedo bathing suit. You know: the tight little muscle man swimming underwear. We were all laughing. No one thought he'd actually wear it.

That man smiled and gladly took it to the bathroom. He came out wearing it with nothing else but his orthopedic shoes. My grandmother said, "Don't go out like that! Have some dignity."

He didn't say anything, but left to walk on the beach. I followed. When we were alone, he said, "You know what? I have dignity because I know what I have done in my life. I may not be proud of every aspect, but I don't regret anything. Never forget who you are. Learn, but never regret. And always have fun."

He looked at me, smirking, and walked proudly along the beach while I gladly walked with him.

Elisha Long, Spring Lake, South River EMC

The dinner bell

I wanted a dinner bell just for the decoration, but I soon learned that it was great for the purpose it was invented. My son looked high and low and finally found one at a yard sale. I couldn't wait until my husband put it on a pole and placed it in the ground. I was eager to cook a meal and then ring the bell as a signal for everyone to come and eat.

Soon I was ringing that bell when I baked a pie, ringing that bell when I made cookies and ringing that bell when I wanted everyone to come into the house. My grandson and his friends even got into the act. They would gather at our house to play ball, and I would get busy baking cookies. As soon as I pulled them from the oven I would rush out and ring the bell. I will always remember the smiles on their faces when they watched me ring that bell.

The kids are grown now, and there isn't as much action with the old bell anymore except for the birds landing on top resting awhile in the sun before they fly off. The dinner bell still gets a fresh coat of paint each season, and yes, after the paint dries I ring that bell for old time's sake.

*Phyllis F. McManus, Monroe,
Union Power Cooperative*



I'm 75 now, but I still remember the love I had for this wonderful woman.

When Grandma came

A couple times a year, Mom's mother would come to live with us. Her husband had passed and, having been sharecroppers, Grandma had no home. Solution: live a while with each of her eight living children. Mom had seven children, so Grandma was right at home with us. Sorry for Grandma that she had no home, but happy for me that she did not. I adored Molly Meadows Clark.

Her arrival itself was exciting. She traveled light—one suitcase with clothes—but she had a huge "satchel" that looked like a bag a doctor would have carried. In it she kept all of her medicines. The only one I remember by name was strychnine. I guess it was common back then. It is used in rat poison today, but I believe Grandma used it as a stimulant "to get my heart going." Her satchel had a strong medicine smell that I'll always recognize. Nowadays, my medicine cabinet is beginning to smell much like her medicine bag.

She looked like Mary Poppins—long black dress and lace-up, heeled black shoes. And she was not seen outside the house without her bonnet, except on Sunday when she wore her hat.

She told me that her family, the Philpots, owned much of the land in France where Paris exists now. Well, she said the land was worthless then, or as my Daddy would say, "good for nothing except holding the world together." She added that it would be nice to own a couple of those acres now.

Barbara Ratliff, Oxford, Wake Electric



1970:

the year that changed my life forever

by Lucy Buchanan

In July of 1969, prior to my 14th birthday, I came down with a severe case of mumps—not something I wanted during summer vacation. I later learned that the mumps virus can be a precursor to diabetes.

In October, while attending a slumber party, I needed multiple trips to the bathroom during the night. I didn't think much about it until the need for frequent trips to the bathroom became an everyday occurrence, in addition to an incessant thirst, dry mouth, excessive hunger and loss of weight. I had heard my mother tell stories about her mother's diabetes, the steel needles that were thick and had to be sharpened, the syringes that had to be boiled, and how she gave daily shots to her mother. Had I inherited diabetes?

I referenced my 9th grade health book (no Internet back then), and there in black and white was the answer: I had Type 1, insulin-dependent diabetes and would depend on shots for the rest of my life. Ugh.

I tried hiding this from my mother, but after I dropped from 90 to 70 pounds, she knew something was wrong. In January 1970, I was officially diagnosed.

Off to the hospital I went for 10 days to learn about diabetes, food exchanges and how to give myself shots. My

Top: From my 1970 stay in the hospital.

Left: My pump and Continuous Glucose Monitor. These two items are my life, and I am so happy to have them.

daily routine became three shots a day and an archaic way of testing sugar levels by dropping a tablet in a test tube of urine, then waiting for a color change. A color of yellow meant no sugar spilled into my urine; dark blue meant a lot of sugar—probably 250-plus—which was a bad thing, but with no number associated with the sugar level.

Thank goodness for the advancements in diabetes treatment and technology over the years. It just keeps improving! I went on an insulin pump in 2001 and started my first Continuous Glucose Monitor sensor in June 2014. Diabetes has never kept me from doing anything I've wanted to do. All these years I have educated myself on diabetes and followed my doctors' instructions, and after 45 years, I am fortunate to have only mild retinopathy.

The components for controlling diabetes? Knowledge and exercise.

I love sharing my diabetes journey with others, and it has been so rewarding to me to help others improve their journey. 🍷

Lucy Buchanan lives in Indian Trail and is a member of Union Power Cooperative. You can reach her by e-mail at: Lucydog73@yahoo.com

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Nut tree earrings, walnut baskets

Blue Ridge EMC member Ed Ingle of Todd makes eye-catching nut earrings and walnut baskets. The nuts' webbing yields intricate patterns, and just like snowflakes, no two

pairs are exactly alike. The walnut earrings yield the inner nut and are edged with the "lace" of the exterior shell. The Hickory earrings yield a smaller, very delicate pattern. His light, nut-size baskets, hand-carved from natural black walnut, can be used in several ways. They can adorn your Christmas tree or you can attach them to bows on gift packages. Or use them as place markers on your party table. At Easter, change their bows and they become miniature Easter baskets. The earrings sell for \$17.95 per pair, and the walnut baskets are \$15.95 each. All of the nuts Ed uses are harvested in Ashe County. To order his items, contact him by phone or e-mail. You can also buy his crafts at the North Carolina Museum of Natural Sciences in Raleigh.

(336) 255-5914
edingle@triad.rr.com



Carolina Table Salt

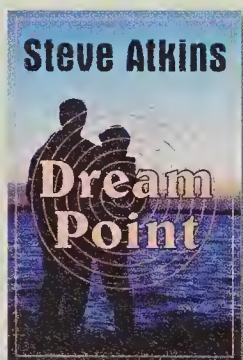
Husband-and-wife team Michael and Geena Woodard wanted to create a flavor that represented their passion for cooking and their individual roots. Geena added a low-country twist to Michael's already popular North Carolina barbecue seasoning, and voila! North and South

merged, and Carolina Table Salt was born. The Charlotte couple's unique seasoning is available online and at select stores, including Reid's Fine Foods and The Fresh Market on Pineville-Matthews Road and on Bannockburn Place (all in Charlotte) and at James Grey & Company in Wilson. Online, one 5.8-ounce bottle sells for \$5.95, three bottles for \$16.50, and a dozen bottles for \$60.

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on the bookshelf

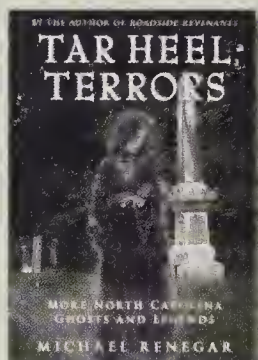


Dream Point

In this novel, Dr. Thomas Stephens of eastern North Carolina has a debilitating condition of his hand. Ronald Reagan had it; Margaret Thatcher had

it; but, more importantly, Dr. Stephens' father had it and it contributed to his untimely and horrible death. Tom loved his father and he is driven to find a cure. A tribe in the Amazon jungles of Peru has found it, and Dr. Stephens is intent on locating the tribe. The cure comes with a price, but it may be more than Dr. Stephens is willing to pay (and it's not about the money). This suspenseful novel was written by author Steve Atkins of Chocowinity. Softcover, 292 pages, \$12.95; e-book is \$4.95.

www.thebookpatch.com/BookStore.aspx
amazon.com (Kindle, Prime)

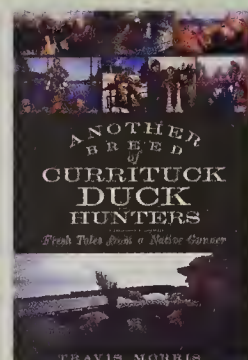


Tar Heel Terrors

The stories in this new collection range geographically from the coast to the mountains of North Carolina. Some are retellings of

classic regional ghost stories and legends, while others stem from the personal experiences of the author, his friends and family. Some of the stories are of the supernatural, some interesting curiosities, and others are just plain weird! Read about the ghost of a Revolutionary War hero, a haunted road in Forsyth County, and a vengeful spirit trapped in a gold mine. Author Michael Renegar, who wrote another collection of spooky stories called "Roadside Revenants," lives in East Bend. Softcover, 176 pages, \$12.

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brightmountainbooks.com



Another Breed of Currituck Duck Hunters

People called Currituck County a sportsman's paradise back when the skies clouded over with ducks and the waters

teemed with fish. The game is more elusive these days and the hunting methods more sophisticated, but author and native gunner Travis Morris shows that the thrill of it all is just as intense. There's a three-strand cord that will forever bind Currituck gunners: passion for the hunt, love of the outdoors and respect for the dangers of open, shallow waters. From a 4-year-old boy on his first hunt with his grandfather to an 82-year-old woman who still loves to shoot her supper, Travis' tales highlight both the heart and humor of sportspeople. Softcover, 144 pages, \$19.99.

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Sustainable stewardship

N.C. farmers win national award

Judy and Dwight Batts of Wilson County recently were named 2014 National Outstanding Tree Farmers of the Year by the American Tree Farm System, a program of the American Forest Foundation (AFF). The Batts were chosen from among 82,000 tree farmers nationwide.



Dwight, Judy and their children and grandchildren carefully manage their 375 ATFS-certified acres of woodland for timber, water quality, wildlife habitat, education and recreation at Batts Tree Farm, their family homestead located about nine miles from Tarboro.



Through hard work they've established 60 acres of longleaf pines, a native species that has declined dramatically in the Southeast. The couple raises and releases quail, maintains nest boxes for mallard, pintail and wood ducks, and their bluebird



nest boxes produce between 200 and 250 chicks annually. Dwight is a certified prescribed burner and beekeeper and their wildflowers, grasses and clovers support bees and other pollinating insects.

The Batts farm has hosted more than 1,500 visitors and also won the North Carolina Tree Farmer award in 2012. School groups interested in a possible farm tour this fall or spring may call (252) 291-5356 or email dwightjudy@nc.rr.com.



For more about forest conservation, ownership and stewardship:

treefarmssystem.org (ATFS)
forestfoundation.org (AFF)
ncforestry.org (NCFA)
ncforestry.org/landowners/
nc-tree-farm (N.C. Tree Farmers)

Batts Tree Farm video:

youtube.com/watch?v=Alm23GHHfig



Lineberger's Maple Springs Farm

Located just a few miles north of Gastonia in Dallas, this busy farm offers educational centers, small mazes, a children's playland, a nature trail and wagon rides. For fall, its pumpkin patch offers cooking and jack o' lantern types. There are also grapes, greens and gourds to buy and enjoy. It's open through October, or visit April through July for strawberries, raspberries, peaches, blackberries and more. Owners Harold and Patsy Lineberger are longtime farmers and Rutherford EMC members. Follow their farm on facebook or visit <https://sites.google.com/site/linebergersfarm>. To schedule tours or school field trips, call (704) 748-1488.

tar heel lessons

a guide to NC for teachers and students

If you shuck it, don't chuck it!

Don't be shellfish! Did you know North Carolina has sites where you can drop off oyster shells for recycling? Oysters grow on pilings and concrete but their favorite place is on other shells. A special program puts the shells back into the water. A mound of 'em helps produce new oysters and provides habitat for other beneficial organisms, such as minnows, algae and crabs.

The recycling sites also accept other calcium-based shells, including clams, conchs, scallops and mussels. For a list of sites, visit portal.ncdenr.org and put "drop-off locations" in your search.



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When actor Archie Leach went to Hollywood he or his agent chose a stage name with the same initials and many of the same letters as the reigning male star, Clark Gable.

One of the jobs I had as a teenager was changing the letters on the marquee of the Wilson Theatre when the feature changed. Changing CLARK GABLE to CARY GRANT required few trips up and down a ladder.

Here's a belated "thank you" to Archie "Cary Grant" Leach.

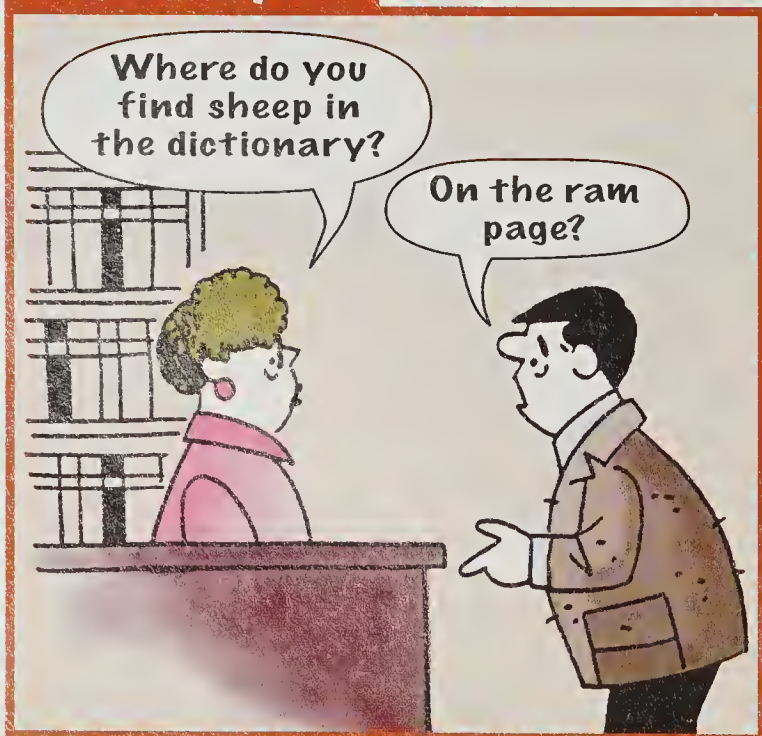


4 5 6 7

Using the digits above, can you match the digits to the letters in this equation?

$$AB \times AB = CBAD$$

Oh, Henry!



UNSCRAMBLIT

Ooneroy was the name of a Tuscarora Indian village on the Roanoke River in Bertie County. The name means



_ _ _ _ _ _ _ _ _ _
a s e m r l r c e b a r e m r l

Use the capital letters in the code key below to fill in the blanks above.

A D E G H O R T means
s c r a m b l e

MATCHBOXES

2	0	2	5	6
E	L	E	C	Y

1	2	8	4
I	E	S	R

$$\begin{array}{r} 4 \\ \times \\ \hline R \end{array}$$

$$\begin{array}{r} 4 \\ \times \\ \hline R \end{array}$$

		T	

Solve these multiplication problems and write your answers in the box tops, one digit to each box. Then match boxes to find the N.C. town where Frances Bavier, "Aunt Bee" in the Andy Griffith show, retired.

The \$50 winner of September's "Find the Value" puzzle was **LaVerne Trojan of Huntersville, a member of EnergyUnited.**

To see how we solved it, send an e-mail to joyner@carolinacountry.com



For answers, please see page 49

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October Events



An unusual Halloween event, the Punkin Chunkin Festival in Brasstown, Clay County, Oct. 25–26, features pumpkins being hurled through the air by torsion catapult, trebuchet, human power and cannons. Other activities include zip lines, airplane rides, food, crafts, kid games, Kiddieland, music and a spud gun competition. No pets. (828) 389-3704 or ncmtchamber.com

Mountains

Mutts Gone Nuts

Dog thrill show, ventriloquist
Oct. 2, Morganton
(800) 939-7469
commaonline.org

Wine Around the Square

Oct. 3, Hayesville
(828) 389-2121
cccra-nc.org

Crabtree-Ironduff VFD BBQ

Oct. 4, Clyde
(828) 627-3138

Art In The Park

Oct. 4, Blowing Rock
(828) 295-7851
blowingrock.com

Fall Festival

Oct. 4–5, Brasstown
(828) 837-2775
folkschool.org

Toys For Tots Tractor Ride

Oct. 11, Waynesville
(828) 593-8327
olesmokytractor.com

Mountain Glory Festival

Oct. 11, Marion
(828) 652-2215
mtngloryfestival.com

Gateway Festival

Oct. 11, Kings Mountain
(704) 739-9663
kmgatewaytrails.org

Molasses Festival

Oct. 11, Dudley Shoals
(828) 396-5811

Big Basswood Hike

Oct. 11, Chimney Rock
(828) 625-9611
chimneyrockpark.com

Heritage Festival

Oct. 11, Boone
(828) 264-2120
booneheritagefestival.com

Home School Day

Oct. 15, Chimney Rock
(828) 625-9611
chimneyrockpark.com

Country Fair

Oct. 18, Valle Crucis
(828) 733-4609
vallecountryfair.org

Hillbilly Comedy & Variety Show

Oct. 18, Sparta
(336) 372-7284

Halloween Bash & Trunk-or-Treat

Oct. 18, Casar
(704) 473-5739

Apple Harvest Festival

Oct. 18, Waynesville
(828) 456-3021
haywoodapplefest.com

Mastering The Elements

Oil painting workshop
Oct. 18–19, Mooresville
(714) 940-1704
southernartssociety.org

Jekyll & Hyde

National Broadway tour
Oct. 21, Morganton
(800) 939-7469
commaonline.org

Hike With Ron Lance

Oct. 25, Chimney Rock
(828) 625-9611
chimneyrockpark.com

Punkin Chunkin Festival

Oct. 25–26, Brasstown
(828) 389-3704

Art Studio Tour

Oct. 25–26, Waynesville
(828) 452-0593
haywoodarts.org

ONGOING

Liberty Mountain

A "Revolutionary" drama
Oct. 4–5, 10–11, Kings Mountain
(704) 730-9408
kmlt.org

Art Walk

First Friday through Nov., Murphy
(828) 644-0043
valleyriverarts.com

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Thursdays, Marion
(828) 652-2215

Hickory Ridge

Living History Museum

Through Oct. 11, Boone
(828) 264-2120
hickoryridgemuseum.com

Fine Art & Heritage Craft Workshops

Through Oct. 31, West Jefferson
(336) 846-3827
florenceartschool.org

Friday Night Jam Session

Meal, music and fellowship
Fridays through Nov. 21, Lake Toxaway
(828) 966-4060
toxawaycc.com

Celebration Quilt Show

Through Nov. 10, Maggie Valley
(828) 926-3169

Ghost Train Halloween Festival

Fridays–Saturdays through Nov. 1
Blowing Rock
(877) 893-3874
tweetsie.com

Piedmont

Was I Born For This? NC Slave Voices

Lecture
Oct. 2, Raleigh
(919) 833-3431
joellane.org

Pops In The Garden

Fall concert series
Oct. 2, Fayetteville
(910) 486-0221
capebearbg.org

Spank! The Fifty Shades Parody

Oct. 3, Fayetteville
(910) 438-4100
crowncomplexnc.com

Fall Festival & Tractor Show

Oct. 3-4, Albemarle
(704) 982-7896

Ruritan Rodeo

Oct. 3-4, Efland
(919) 971-1129
visitchapellhill.org

Harvest Show

Heritage farm equipment
Oct. 3-5, Butner
(919) 528-1652
lgaha.com

Ava Gardner Festival

Oct. 3-5, Smithfield
(919) 924-5830
avagardner.org

Sonker Festival

Oct. 4, Mount Airy
(336) 789-4304
visitmayberry.com

Pansy Open House

Oct. 4, King
(336) 983-4107
mittchellsnurseryandgreenhouse.com

Folk Art Festival

Oct. 4, Sherrills Ford
(828) 327-8576
lakenormanfolkartfestival.com

Genealogy Fair

Joel Lane's ancestors dig deeper
Oct. 4, Raleigh
(919) 833-3431
joellane.org

All-American Dog Show

Oct. 4, Cornelius
(704) 892-6031
cornelius.org

STARworks Pumpkin Patch

Oct. 4, Star
(910) 428-9001
STARworksnc.org

R.D. Mahan Kiln Opening & Turkey Roast

Oct. 4-5, Seagrove
(910) 464-6228
fromthegrounduppots.com

Festifall Street Fair

Oct. 5, Chapel Hill
(919) 968-2784
townofchapellhill.org

Oktoberfest

Oct. 5, Fayetteville
(910) 485-3079
stpatnc.org

Heritage Festival

Oct. 5, Fayetteville
(910) 486-0221
capefearbg.org

TerraVITA Food & Drink Festival

Oct. 9-11, Chapel Hill
(919) 968-2743
terravitaevent.com

Art After Hours

Features Barbara Blaisdell
Oct. 10, Wake Forest
(919) 570-0087
thecottoncompany.net

Operation Ceasefire Movie Night

Oct. 10, Fayetteville
(910) 433-1017
ceasefire.ci.fayetteville.nc.us

Swing For The Stars

Fall Concert Series
Oct. 10, Fayetteville
(910) 486-0221
capefearbg.org

BBQ Throw Down

Oct. 10-11, Rocky Mount
(252) 972-1159
bbqthrowdown.net

Octoberfest

Oct. 10-12, Hickory
(828) 322-1121
hickoryktoberfest.com



New Bern's historic waterfront will be filled with free family entertainment on Saturday and Sunday, Oct. 11-12, at its annual Mumfest. Festivities including a NASCAR Racing Tour exhibit, the world champion X-POGO Stunt Team, the Incredible Purina Dog Show, Signora Bella, (a great equilibrist who balances on the orb of doom), comedian Alex Clark, JuggleStuff with Rick Hubbard and storyteller Steve Myott. Also planned: new bands, dance troupes, magicians, street performers and face painters. (252) 638-5781, swissbear@swissbear.org or mumfest.com

Autumn Leaves Festival

Oct. 10-12, Mount Airy
(800) 948-0949
autumnleavesfestival.com

Old Fashion Day

Oct. 11, Goldston
(919) 718-2317

Tractor Heritage Parade & Show

Oct. 11, Asheboro
(336) 318-5109

The Annie Moses Band With The Hall Sisters

Oct. 11, Smithfield
(919) 209-2099
johnstoncc.edu

The Iron Clash

CrossFit competition
Oct. 11-12, Fayetteville
(910) 229-2214
ironforgedathletics.com

OctoberTour

Historic homes, music, trolley rides
Oct. 11-12, Salisbury
(704) 636-0103
octobertour.com

Person's Ordinary Open House & Book Signing

Oct. 12, Littleton
(252) 586-2181

Peddlers Flea Market

Oct. 11-12, Carthage
(910) 528-4312
thepeddlersfleamarket.com

Dorie Clark

"Reinventing You" lecture
Oct. 14, Pinehurst
(910) 692-6185
sandhills.edu

A Night At The Oscars Symphony

Oct. 17, Fayetteville
(877) 627-6724
ncsymphony.org

East Coast Drag Times

Hall of Fame & Reunion Show, Shine, Shag & Dine
Oct. 17-19, Henderson
(866) 438-4565
kerrlake-nc.com

Grape Festival

Oct. 18, Yadkinville
(336) 679-2200
yvgf.com

Fall Festival

Oct. 18, Lake Park
(704) 882-8657
lakeparknc.com

Tractor Show

Oct. 18-19, Huntersville
(704) 827-1965
stumptowntractor.com

BeagleFest

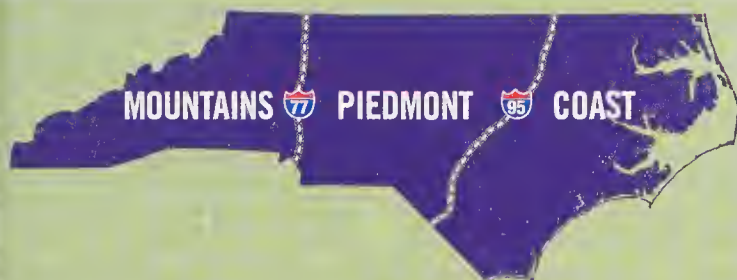
Games, raffles, photos
Oct. 25, Durham
(317) 946-7485
tribeagles.org

Barbecue Festival

Oct. 25, Lexington
(336) 956-1880
barbecuefestival.com

Carolina Lakes Halloween Run

Oct. 25, Sanford
(919) 499-9122
carolinallakes.info



Listing Deadlines:

For Dec.: Oct. 25
For Jan.: Nov. 25

Submit Listings Online:

Visit carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website. Or e-mail events@carolinacountry.com.



The Original Hollywood Horror Show marks its 25th year in Snow Camp with an all-new experience. Produced by Alamance County natives, Hollywood filmmakers and effects artists, Dean and Starr Jones, the show is indoors, except for the graveyard. It's a 25-minute experience with live action and effects. Box office opens at 7:30, show starts at 8. Dates are Friday, Saturday and Sunday evenings Sept. 26–Oct. 12, then nightly Oct. 16–Nov. 1. Tickets are \$20 (\$30 for a Fast Pass or a Twice Around Pass), with free parking, food concessions and a shop. It's at 6333 Bass Mtn. Rd., Snow Camp. (336) 513-6938 or hollywoodhorrorshow.com

Tchaikovsky's Symphony No. 4

Oct. 25–26, Fayetteville
(910) 433-4690
fayettevillesymphony.org

Homegrown Halloween

Oct. 31, Chapel Hill
(919) 968-2760
townofchapelhill.org

Holiday Open House

Oct. 31–Nov. 2, Wake Forest
(919) 570-0087
thecottoncompany.net

ONGOING

25th Hollywood Horror Show

By filmmakers Jones Brothers
Specific dates through Nov. 1,
Snow Camp
(336) 513-6938
hollywoodhorrorshow.com

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Tuesday nights, Midway
(910) 948-4897
www.liveatclydes.com

Durham Civil War Roundtable

Third Thursdays, Durham
(919) 643-0466

Art After Hours

Second Fridays, Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

Betty Lynn (Thelma Lou)

Appearance at Andy Griffith Museum
Third Fridays, Mount Airy
(336) 786-7998
visitmayberry.com

Fourth Friday

Arts, shopping
Fayetteville
(910) 483-5311
www.theartscouncil.org

Thunder Road Cruise-In

First Sunday through Oct. 25,
Mount Airy
(336) 401-3900

Bluegrass Pickin' Shed

Thursday nights through Nov. 15,
Laurel Hill
(910) 462-3636

Mediating Relevance: The Politics of Gender

Various artworks
Through Oct. 18, Fayetteville
(910) 323-1776
theartscouncil.com

Monty Python's Spamalot

Through Oct. 31, Fayetteville
(910) 486-1330
museumofthecapefear.ncdcr.gov

The Rhythm Of The Factory

Exhibit about textile mill villages
Through Nov. 15, High Point
(336) 885-1859
highpointmuseum.org

Woodmark Originals

Through Nov. 26, High Point
(336) 885-1859
highpointmuseum.org

Beach & Jazzy Fridays

Cypress Bend Vineyards
Through Dec. 26, Wagram
(910) 369-0411
cypressbendvineyards.com

Music Barn

Saturday nights through Dec. 31,
Mt. Gilead
(910) 220-6426
mgmusicbarn.com

Constitution Ratification Exhibit

Through Dec. 31, Fayetteville
(910) 433-1457
fcpr.us/transportation_museum.aspx

Face of Folk: 30 Years of PineConeMusic exhibit

Through Dec. 31, Raleigh
(919) 996-2229
cityofraleighmuseum.org

Stagville: Black & White Photo Exhibit

Through Jan. 2015, Raleigh
(919) 807-7900
ncmuseumofhistory.org

Lafayette Exhibit

Collection of Marquis
de Lafayette artifacts
Through Jan. 3, 2015, Fayetteville
(910) 433-1457
fcpr.us/transportation_museum.aspx

Life & Death Of The Hall House

Fridays & Saturdays candlelight tour
Oct. 3–31, Salisbury
(704) 636-0103
historicalsalisbury.org

Brush & Palette Art Exhibit

Oct. 18–25, Sanford
(828) 320-9838

Artists Guild Studio Tour Preview

Oct. 31 through Nov. 9, Hillsborough
(919) 732-5001
hillsboroughgallery.com

Coast

King Mackerel Tournament

Oct. 2–4, Southport
(910) 457-5787
usopenkmt.com

Foosball Championships

Oct. 3, Wilmington
(336) 325-3183
bonziniusa.com

N.C. Seafood Festival

Oct. 3–5, Morehead City
(252) 726-6273
ncseafoodfestival.org

Meherrin Nation PowWow & Car Show

Oct. 3–5, Ahoskie
(919) 606-4467
meherrinnation.org

Farm Heritage Day

Oct. 4, Calabash
(910) 287-6794
indigofarmsmarket.com

Arts On The Perquimans

Oct. 4, Hertford
(252) 426-3041
perquimansarts.org

Sunset At Sunset

More than 100 vendors, entertainment
Oct. 4, Sunset Beach
(910) 579-9021
sunsetatsunset.com

Freedom USA

Events saluting the military
Oct. 4–5, Clinton
(910) 564-6709
hubbscornmaze.com



There are more than 200 markets in North Carolina offering fresh produce and more. To find one near you, visit ncfarmfresh.com/farmmarkets.asp.

Fall Crafts

Oct. 7, Swansboro
(910) 326-2600
swansboro.recdesk.com

Celebration Quilt Show

Oct. 9–10, Maggie Valley
(828) 926-3169

Mumfest

Oct. 11–12, New Bern
(252) 638-5781
mumfest.com

Dink N' Oyster Roast

First Flight Rotary fundraiser
Oct. 11, Kitty Hawk
(252) 423-0099
oinkandoyster.org

Supper on the River Festival

Oct. 11, Columbia
(252) 796-2781
visittyrrellcounty.com

Romancing Colonial America

Oct. 11, Halifax
(252) 583-7191
nchistoricsites.org/halifax

Brunswick Brawl

Mountain trail bike races
Oct. 11, Leland
(404) 237-3761
blog.capefearsorba.com

Dismal Day Fall Festival

Oct. 11, South Mills
(252) 771-8333
dismalswampwelcomecenter.com

Italian Festival

Oct. 11, Shallotte
(910) 754-8544

Parade Of Homes

Oct. 17–19 & 24–26,
Brunswick County
(910) 579-5544
brunswickcountyhba.org

Carolann Solebello Concert

Oct. 18, Beaufort
(252) 646-4657
downeastfolkarts.org

Fall Party

Oct. 18, Beaufort
(252) 728-5225
beauforthistoricsite.org

Old School Sorghum Festival

Oct. 18, McDaniel Crossroads
(910) 564-5069
oldschoolsorghum.com

Oyster Festival

Stew cook-off, music, arts and crafts
Oct. 18–19, Ocean Isle Beach
(910) 754-6644
ncoysterfestival.com

Jeanne Robertson

"America's funniest lady"
Oct. 24, Rocky Mount
(252) 985-5197

Halloweenie Roast & Legends Of Olde Swansboro

Oct. 24, Swansboro
(910) 326-2600
swansboro.recdesk.com

Craftsman's Fair

Oct. 24–26, Elizabeth City
(252) 562-5441
albemarlecraftsmansfair.com

The Humane Society's Live Auction

Oct. 25, Washington
(252) 946-1591

Chili Challenge

Oct. 25, Goldsboro
(919) 731-3939
communitysoupkitchen.org

Beast Of Bladenboro Festival

Oct. 25, Bladenboro
(910) 840-1603
borobooster.org

Festival By The Sea

Oct. 25–26, Holden Beach
(910) 842-3828
greaterholdenbeachmerchants.com

1964 The Tribute

Oct. 30, Rocky Mount
(252) 985-5197
dunncenter.com

Bee By The River Quilt Show

Oct. 31–Nov. 1, New Bern
(252) 637-9473
twinriversquiltersguild.com

ONGOING**Art Walk**

First Friday, Elizabeth City
(252) 335-5330
ecncart.com

Art Walk

First Friday, Greenville
(252) 561-8400
www.uptowngreenville.com

Historic District Guided Tours

Second Saturdays through October
Murfreesboro
(252) 398-5922

Classic Car Cruise-In

First Sunday Oct. 4–Nov. 1, Tabor City
(910) 653-4141
taborcity.org

Hubb's Corn Maze Fall Festival

Through Nov. 8, Clinton
(910) 564-6709
hubbscornmaze.com

Disney's Peter Pan, Jr.

Oct. 10–19, New Bern
(252) 633-3318
rivertowneplayers.com

Harvest Time

Oct. 13–24, Beaufort
(252) 728-5225
beauforthistoricsite.org



The premiere of "Liberty Mountain," a play about the Battle of Kings Mountain, "Turning Point of the Revolution," will take place Oct. 4, 5, 10 and 11 at the historic Joy Performance Center, Kings Mountain. North Carolina writer and TV personality Robert Inman wrote the drama, directed by Caleb Sigmon. For times and prices: (704) 730-9408 or kmlt.org



The Ava Gardner Festival in Smithfield will open the new "Ava's Closet" exhibit showcasing the fashion style of Hollywood legend and N.C. native Ava Gardner. The festival runs Oct. 3–5 and includes an opening night "Fashion Fling" reception with Sinatra-style music, food and beverages. Saturday visitors will enjoy heritage tours, exhibits and free movie screenings at the museum, and that evening at the Clayton Piano Festival there will be a tribute to classic movie tunes and "Show Boat." Sunday continues with exhibits and free movie screenings at the museum. (919) 934-5830 or avagardner.org

The basics of spring-flowering bulbs

By now, the aisles of local lawn and garden centers are brimming with bins of tulips, daffodils, crocuses and other spring-flowering bulbs. This means it is not only time to buy but also to plant these special garden beauties!



Spring-flowering bulbs

And to get the blooming best out of your bulbs next spring, here are a few helpful tips to remember:

- Tame the temptation to buy “bargain” bulbs. Cheap bulbs are usually inferior in quality and often produce smaller or fewer flowers. They also sometimes take a year longer to bloom than their higher priced but healthier cousins.
- Try to buy bulbs that aren’t prepackaged but are in open bins instead. This allows you to examine each bulb as closely as you would, say, an onion or a tomato at the grocery store. Grab each bulb and give ‘em a squeeze. Healthy bulbs will be plump and firm. Also, size does matter—the largest bulbs in the bins usually have more flower power.
- If an Indian Summer extends warm weather deep into the fall, delay planting your bulbs. Ideally, the soil temperature should be around 60 to 65 degrees. While waiting for the cold to come, you can treat your bulbs to an early, beneficial chill

by storing them in the refrigerator. Just remember to keep the sleeping bulbs away from ripening fruit, which emit ethylene gas that can be detrimental to the stored bulbs.

- Improve the tilth of the planting site by digging down at least 12 inches deep while adding plenty of compost or quality bagged topsoil.
- If moles or voles have a history of playing in your bulb beds, while turning over the soil, liberally mix in sharp pea gravel or, even better, a porous, soil-conditioning rock product called Perma-Til to discourage tunneling.
- Squirrels can also cause trouble in a planting bed by digging up bulbs, but this mischief can be stopped with a chicken wire barrier stretched across the growing ground. The wire can then be hidden with a layer of compost. 🌱

Tip of the Month

Bone meal used to be a tried-and-true amendment that many bulb fanciers insisted had to be added to each spring-flowering bulb bed at planting time. That was then, but this is now. Bone meal processed by today’s methods tends to have less nutrients, and then there is the nuisance factor: bone meal can attract rodents, cats, dogs, raccoons and other critters who think the smell of bone means a snack is nearby and waiting to be dug up. As a substitute, prepare beds with a top-dressing of special time-release bulb fertilizer. In acidic soils, a dusting of dolomitic lime, a calcium-concentrated amendment that has the additional nutrient bonus of magnesium, could also be helpful. If you want to fine-tune this fall fertilizing, have a soil test done first.

L.A. Jackson is the former editor of Carolina Gardener Magazine. If you would like to ask him a question about your garden, contact L.A. at: ljackson1@gmail.com.

To do in the garden

October

- Pansies, anyone? Now is a great time to plant these persistent winter beauties. Adding a time-release fertilizer at planting time will help continue their flower production through the coldest part of the year, as will deadheading spent blooms over the next few months.
- To help prevent black spot next year, after leaf fall, rake up and discard the summer mulch and debris from under roses, and replace with fresh winter mulch. Do not compost the rakings.
- Want more hostas, cannas and daylilies? These favorite perennials can be dug up and divided now. And don’t forget to share some of them with other gardeners!
- Still have packets of seeds left over from your buying binge this growing season? To properly store them, put the packets in an airtight container and place them in a cool, dry, dark location to await a second chance to show off next spring.

November

- Frost is not completely unwelcome in the vegetable garden. This is especially the case with cole crops such as broccoli, Brussels sprouts, cabbage and cauliflower because a nipping from Jack Frost will turn some of the vegetable starch in the plants into sugar and make them sweeter tasting.
- Prune back cannas and discard the foliage to cut down on the population of leaf rollers that can overwinter in the debris and emerge next spring to continue their leaf-chewing problems.
- Back still throbbing from carrying in large whiskey barrel planters for the winter? A good cold weather project would be to add caster wheels to the bulky containers to make moving them in and out of protected spaces much easier.
- Grouping potted houseplants together indoors will provide a bit more humidity to help counteract the dry air typically found in warm winter homes.

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Sprucing up the crawlspace could bring a breath of fresh air

Q: The fiberglass insulation in my vented crawlspace has transformed from pink to gray. It looks damp in some places and has fallen down. I'm planning to replace the insulation but what can I do to make sure this doesn't happen again?

A: It is confusing to see insulation deteriorate when you can't see the culprit. The best course of action is to fix the unseen problems before replacing the insulation. Otherwise, you'll find yourself in the same spot in a few years.

Dirty insulation is often a sign that air is moving between the interior of your house and the crawlspace. The insulation acts like a crummy air filter by capturing some airborne dust as crawlspace air enters your home. The conditioned air from your house is likely leaking into the crawlspace as well. This air movement often wastes money, makes your house smell musty, brings in excess dust, welcomes pests and may affect your health. The solution is to use caulk or foam to air seal holes where pipes and wires pass through the floor. If ductwork is in the crawlspace, air seal the duct joints and around the duct parts that touch the floor. Big holes can be covered with scrap wood or rigid foam and then sealed around the edges. Stuffing fibrous insulation into the holes is not effective air sealing, just a crummy filter.

Excess moisture in the air can cause fiberglass batts to fall apart, giving the appearance of insulation melting away from the floor or pink icicles drooping down. Moisture can be dramatically reduced in the crawlspace by covering all exposed soil with a vapor retarder, which is simply plastic sheeting that is 6-mil or thicker. Seams should be overlapped a minimum of 12 inches and taped. The vapor retarder should extend at least six inches up the



foundation wall and piers.

The sources of standing water should be investigated and solved. Look for plumbing leaks, ground water entry points, clogged gutters, clogged HVAC drain lines, soil sloping towards the foundation or even rain water dumping through foundation vents. Uninsulated air conditioning ducts and disconnected dryer ducts also add unwanted moisture to the crawlspace.

Proper installation of insulation is critical for comfort. Just as you need a blanket to touch your body to keep you warm, insulation must touch the sub-floor to truly work. Make sure the insulation stays fluffy, because compressed insulation loses its R-value and doesn't adequately insulate. It is essential to carefully cut insulation to go around plumbing, electrical and HVAC components. The North American Insulation Manufacturers Association has a series of critical details, technical tips and videos of fabulous fiberglass floor insulation installation that can be viewed

here: <http://www.naima.org/insulation-knowledge-base/residential-home-insulation.html>

Crawlspaces are my least favorite DIY home improvement area because I'm constantly listening and watching for mice, spiders and the dreaded "Mister No Shoulders."

Don't hesitate to get pricing from an insulation contractor to do air sealing and install a vapor retarder and insulation. You may be surprised to find the price is close to doing the work yourself since installers purchase insulation at a fraction of the retail price. Be upfront about the quality of workmanship you expect so you can reap the benefits of comfort and energy savings. If you want a super top notch job, hire a home performance contractor. They will have additional experience finding, sealing and insulating all the bizarre crevices under an old house. 🏠

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.

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*All information is deemed reliable but is not guaranteed and is subject to change without notice.

Appliance upgrades

Compare labels, calculate operating costs when considering buying new items

Many people wonder how they can best determine when they should upgrade to new appliances. For major appliances, comparing the EnergyGuide is the best method to determine the cost to use each new one. Based upon the purchase price, you can then calculate which appliance provides the best return.

The most efficient appliance is not always the best buy from a payback standpoint. However, there are other factors to consider. If you are concerned about environmental impact, for example, you should be willing in most cases to spend extra for the most efficient models.

To do a proper payback analysis of the decision to replace your existing appliances, you have to determine the cost to operate your existing appliance. If you don't have its EnergyGuide label, try an Internet search.

However, keep in mind that the annual operating costs on EnergyGuide labels are only averages. If you already are energy conscious, your current operating costs are likely lower and your savings from a new appliance will be lower than the average cost figures indicate.

Easy app

There are a couple of ways to calculate the cost to use an electric appliance. The simplest and quickest way is to download the "Save Energy, Save Money" app from TogetherWeSave.com. This easy-to-use app provides several home appliance calculators.

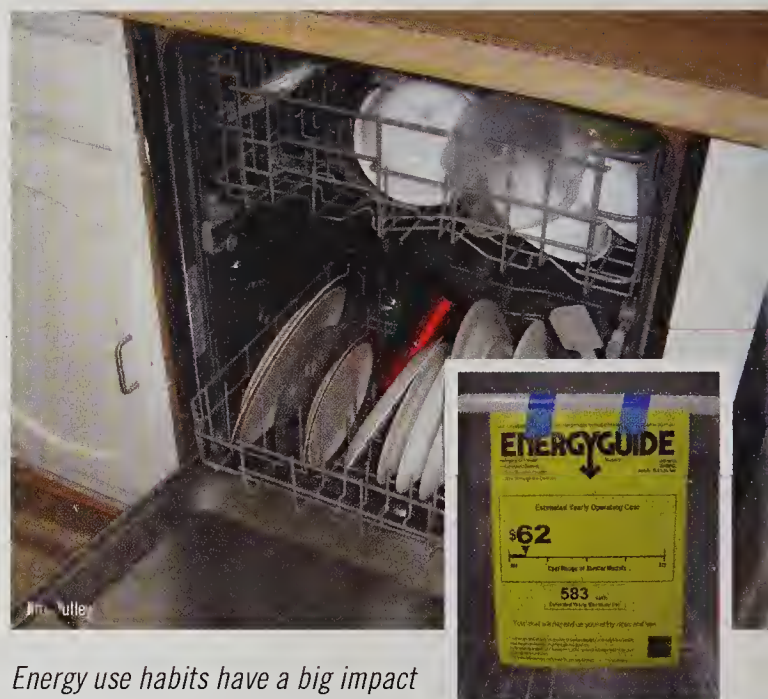
Another way to calculate the cost of appliance use is to use this formula. First, find the wattage rating on the nameplate. Divide this by 1,000 and multiply the result by your \$/kilowatt-hour electric rate to get the operating cost per hour. If the nameplate lists amperage, multiply it by 120 to get watts. For appliances with a thermostat, reduce the operating cost by about 50 percent.

Efficiency improvements and meaningful new features in major appliances are no longer coming along every time you check, so there is no need to wait if you really need a new one. One exception is televisions, because their prices and features keep improving.

In general though, it makes economic sense to keep your older, major appliances about 10 years or until they need expensive repairs. If you use your older appliances as efficiently as possible, they won't cost a lot more to use than newer ones. Usage habits can really influence electricity consumption.

Water heaters, clothes washers

If you have a large family and do much laundry, the cost to use the clothes washer also includes the water's cost and the cost to heat it. Upgrading your water heater, perhaps to a heat pump water heater, will also cut your dishwashing and bathing costs.



Energy use habits have a big impact on the cost to use a dishwasher.

Compare EnergyGuide labels (inset) to determine which models are most efficient. Keep in mind these are estimated averages.


New front-loading clothes washers are typically more energy efficient than top-loading ones because front-loaders require less heated water. The electricity use by the motor is about the same for both types.

Another significant savings with front-loaders is their faster spin cycle, which extracts more water from the rinsed clothes. This greatly reduces drying time, so the dryer uses less electricity.

In the kitchen

Make sure any newly purchased dishwasher has a built-in water preheater. This allows you to set your water heater temperature lower without sacrificing cleaning effectiveness. Spend a little extra and select a model with many cycles to more accurately target a cycle's length to each load's requirements.

Modern refrigerators, such as Energy Star models, use about half of the energy required by a 10-year old model.

There is not a major difference in the energy efficiency of the various types of new ranges. Convection ovens bake faster, so they use less electricity for some foods. 

Jim Dulley is an engineer and a columnist for the National Rural Electric Cooperative Association. Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, Ohio, 45244, or visit dulley.com.

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Pumpkin Mousse

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|-------------------------------------------------|---------------------------------------------|
| 1 medium pie pumpkin (about 2 pounds) | 1 package (3 ounces) cream cheese, softened |
| 2 tablespoons sugar | $\frac{1}{3}$ cup confectioners' sugar |
| $\frac{3}{4}$ teaspoon ground cinnamon, divided | $\frac{1}{3}$ cup solid-pack pumpkin |
| $\frac{1}{3}$ cup vanilla or white chips | 1 teaspoon grated orange peel |
| 2 tablespoons milk | 1 cup heavy whipping cream, whipped |

Cut top off pumpkin; scoop out and discard seeds. In a small bowl combine sugar and $\frac{1}{2}$ teaspoon cinnamon; sprinkle inside of pumpkin. Replace pumpkin top. Place on a baking sheet. Bake at 400 degrees for 25–30 minutes or until crisp-tender. Cool on a wire rack.

Meanwhile, microwave vanilla chips with milk at 70 percent power; stir until smooth. Cool to room temperature.

In a bowl, beat cream cheese and confectioners' sugar until smooth. Beat in the pumpkin, orange peel, melted chips and remaining cinnamon. Fold in whipped cream. Spoon into pie pumpkin. Refrigerate leftovers.

Note: The pumpkin is not fully cooked so that it holds its color and shape. It is used as a serving bowl for the mousse and is not meant to be eaten.



Boo-Ya Mini Pizzas

- 2 tubes (12 ounces each) refrigerated buttermilk biscuits
- 1 can (8 ounces) tomato sauce
- $1\frac{1}{2}$ teaspoons dried minced onion
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- $\frac{1}{8}$ teaspoon garlic powder
- 20 slices part-skim mozzarella cheese
- Sliced ripe olives

Roll or pat biscuits into $2\frac{1}{2}$ -inch circles. Place on greased baking sheets.

In a small bowl, combine the tomato sauce, onion, oregano, basil and garlic powder; spread over biscuits. Bake at 400 degrees for 8–10 minutes or until edges are lightly browned.

Meanwhile, using a small ghost-shape cookie cutter, cut a ghost out of each cheese slice. Immediately place a ghost over each pizza; add pieces of olives for faces.

Yield: 20 mini pizzas.



Oven Fries

- 4 medium potatoes
- 1 tablespoon olive oil
- $2\frac{1}{2}$ teaspoons paprika
- $\frac{3}{4}$ teaspoon salt
- $\frac{3}{4}$ teaspoon garlic powder

Cut each potato into 12 wedges. In a large bowl, combine the oil, paprika, salt and garlic powder. Add potatoes, toss to coat.

Transfer to a 15-by-10-by-1-inch baking pan coated with cooking spray. Bake at 400 degrees for 40–45 minutes or until tender, turning once.

Yield: 4 servings.

From Your Kitchen

Never Fail Caramel Cake Icing

- 1 cup light brown sugar
- 1 stick butter
- $\frac{1}{3}$ cup milk
- 2 cups confectioners' sugar, sifted

In a saucepan, mix brown sugar, butter and milk. Bring to a slow boil and boil for 2 minutes. Remove from heat and pour over sifted confectioners' sugar. Beat until creamy. If too thin, add a little more confectioners' sugar or, if too thick, add a little warm milk. Ice cake immediately as the icing will become hard very quickly as it sets.

This recipe makes enough icing for a sheet cake. For a three-layer cake, double the recipe to have enough icing to frost entire cake.

*This recipe comes from
Treva Chrisco of Stanfield, a member
of Union Power Cooperative.*

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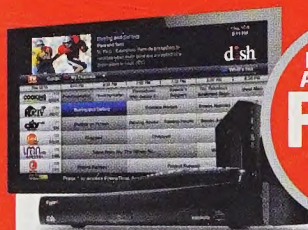
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